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SPIRITUAL LOUNGE

E-MAGAZINE



Dear Readers,

Thank you all for the positive feedback we receive regarding the e-magazine. It is a pleasure to know the e-mag is appreciated by all. Please forward the free e-magazine to all, so that others too may get a chance to read, know and write for the e-magazine.

Meditation is considered very simple but for beginners it is rather mysterious and complex. Meditation actually comes as naturally as breathing does or the physical movements like dancing to a tune or walking and climbing. However, with increased attention being forced to mundane and materialism; meditation and spirituality takes a back seat.

Meditation is many things to many people; it is a means to quieten your mind, it is a means to focus your mind to a single object, it is the end to train the mind to go blank, it is a means to develop inner potential, it is a means to communicate with your soul and so on. Yes! These reasons are true and individualistic, suited to each person. Whichever way a person climbs a mountain depends on their individual strength and capabilities. But the aim is to reach the top. This is true even with meditation, no matter which method a person adopts, the final aim is more or less the same.

So start meditating; begin by spending few seconds to few minutes and then once you get used to it, increase the time without actually keeping a tab on the time spent. Just meditate and do not bother about the time. Place of meditation does make a difference. Many people do propound that any place is good enough to meditate, true but to a certain extent. For deeper meditation, a place where you are most comfortable and feel the good vibes can greatly help you in the journey.

Friends, start meditating if you have not, there can never be a better time than now and a better place than here! Just start! For those already meditating, try not to give it up or stop for a very long break, because once its stopped, you can pick it up again but it's like all starting over again.

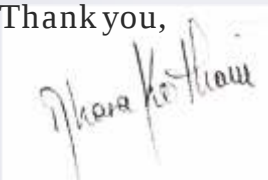
Share your varied meditating experiences with others, believe me, it will help many, out there.

Connect with us anytime at: spirituallounge@live.com or +91-9619629092

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Thank you,



Dhara Kothari

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Editorial
Page 2

Aura part - X
- Hitesh Guruji
Page 5-9

The Unitary Science
– By Romina Flema
Page 10-11

The Kundalini Awakening
- Master Chrism
Page 12-14

Look Within and Listen to the Inner Voice
Dr. Amit Nagpal
Page 14

Inspiration from Binah
- Yvette Soler
Page 15

BIRTH
-By Dheeraj Bhoma
Page 16



Travel - CHILE
- Compiled by Dhara Kothari
Page 17 - 24



Book Corner
- Gayatri Pagdi
Page 25

Legend of the Nomad
- By Alex Mero
Page 26-38

Intuitive Intellige
- By Alex Mero
Page 38

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Aura Part X

Numerology and colours

There are ten single numbers in our counting system; they are '0 to 9'.

i. Zero' is an infinite number and so it has no presiding planet or colour. Rest all the numbers are connected with different planets. Hence, it is also important that we take care of wearing the coloured clothes as per the dates of the month along with the week days. For this we will need to see the characteristics of all the nine numbers.

ii. One is the first number and its presiding planet is the Sun. Please see the characteristics of the sun for more details. Every one born on any of the totals of 'One' i.e. the 1st, 10th, 19th or 28th of any month is influenced by the Sun as well as number 'One'. These people and others too must prefer wearing Red, Yellow, Golden and Orange on Sundays and all dates adding to give a total of 'One'. The colour combination of days and dates is given in the chart below.

iii. Two is the second number and its presiding planet is the Moon. Please see the characteristics of the Moon for more details. People born on any of the totals of 'Two' i.e. the 2nd, 11th, 20th or 29th of any month is influenced by the Moon as well as number 'Two'. These people and others too must prefer wearing White, Silver, Off-Whites and light Green on Mondays and all dates adding to give a total of 'Two'. The colour combination of days and dates is given in the chart below.

iv. Three is the third number and its presiding planet is the Jupiter. Please see the characteristics of the Jupiter for more details. People born on any of the totals of 'Three' i.e. the 3rd, 12th, 21st or 30th of any month is influenced by the Jupiter as well as number 'Three'. These people and others too must prefer wearing Yellow on Thursdays and all dates adding to give a total of 'Three'. The colour combination of days and dates is given in the chart below.

v. Four is the fourth number and its presiding planet is Rahu. Please see the characteristics of the Rahu for more details. People born on any of the totals of 'Four' i.e. the 4th, 13th, 22nd or 31st of any month is influenced by the Rahu as well as number 'Four'. These people and others too must prefer wearing Green or Brown on Wednesdays and all dates adding to give a total of 'Four'. The colour combination of days and dates is given in the chart below.

vi. Five is the fifth number and its presiding planet is Mercury. Please see the characteristics of the Mercury for more details. People born on any of the totals of 'Five' i.e. the 5th, 14th or 23rd of any month is influenced by the Mercury as well as number 'Five'. These people and others too must prefer wearing Green on Wednesdays and all dates adding to give a total of 'Five'. The colour combination of days and dates is given in the chart below.

vii. Six is the sixth number and its presiding planet is Venus. Please see the characteristics of the Venus for more details. People born on any of the totals of 'Six' i.e. the 6th, 15th or 24th of any month is influenced by the Venus as well as number 'Six'. These people and others too must prefer wearing Pink, Purple and Off-White on Fridays and all dates adding to give a total of 'Six'. The colour combination of days and dates is given in the chart below.

viii. Seven is the seventh number and its presiding planet is Ketu. Please see the characteristics of the Ketu for more details. People born on any of the totals of 'Seven' i.e. the 7th, 16th or 25th of any month is influenced by the Ketu

as well as number 'Seven'. These people and others too must prefer wearing combination of Black and white on Tuesdays and all dates adding to give a total of 'Seven'. The colour combination of days and dates is given in the chart below.

ix. Eight is the eighth number and its presiding planet is Saturn. Please see the characteristics of the Saturn for more details. People born on any of the totals of 'Eight' i.e. the 8th, 17th or 26th of any month is influenced by the Saturn as well as number 'Eight'. These people and others too must prefer wearing Blue on Saturdays and all dates adding to give a total of 'Eight'. The colour combination of days and dates is given in the chart below.

x. Nine is the ninth number and its presiding planet is Mars. Please see the characteristics of the Mars for more details. People born on any of the totals of 'Nine' i.e. the 9th, 18th or 27th of any month is influenced by the Mars as well as number 'Nine'. These people and others too must prefer wearing Orange, and Red on Tuesdays and all dates adding to give a total of 'Nine'. The colour combination of days and dates is given in the chart below.

The following chart will give a reference of what coloured clothes to be worn on days of the week falling on particular totals of dates of the month to enhance the Aura.

Dates	Sun day	Mon day	Tues day	Wednes day	Thurs day	Fri day	Satur day
1 10 19 28	Red Yellow Golden Orange	Yellow White Off-Whites	Red Orange	light-Brown Green	Yellow	Pink Purple Red	light-Blue
2 11 20 29	Yellow White	White Silver Off-Whites light-Green	Yellow White Orange	White Off-Whites light-Green	Yellow White	Pink White Off-White	White light-Blue
3 12 21 30	Yellow White Golden	Yellow White	Yellow Orange	White Green	Yellow	Yellow Off-White Purple	light-Blue
4 13 22 31	Red Brown	light-Brown White	Red Brown	Brown Green	Yellow Brown	Off-White light-Brown	Blue Purple Brown Black
5 14 23	Yellow	light-Green White	Orange	Green	Yellow Green	Off-White Purple	Blue light-Brown
6 15 24	Red Orange	White Off-Whites	Orange Red Pink Purple	White Green	Yellow	Pink Purple Off-White	Blue Purple
7 16 25	Yellow Golden	Off-Whites White	black & white Purple	White Green	Yellow	Pink Purple Off-White	Blue Black
8 17 26	Yellow White	Off-Whites White	Purple Orange Red	White Green	Yellow White	Pink Purple	Blue
9 18 27	Orange Red	Off-Whites White	Orange Red	White Green	Yellow Orange	Pink Purple	Blue Purple

i. Please note that a person must not wear all black on any of the days, black must be combined with any other colour.

ii. People are affected by depression, negativity and illness very easily and must avoid black, grey and dirty brown.

iii. People who experience fear very easily must avoid pale yellow.

iv. People having a bad temper must avoid red and orange.

Name and Aura colour: Like the Planets, the days of the week, numbers and even your name dominates your Aura.

i. Every alphabet is connected to a number and as we have seen before every number has its own colour.

ii. It is very important how you spell your name as

this will tell you which Aura colour is dominant in you.

iii. Every time your name is called the vibrations and colours dominant in your name show up in your Aura; it also decides your destiny and Karma.

iv. In the chart below let us see the values of the alphabets and their colours.

Now let us see how do we calculate and judge domination of Aura colour by the name of the person, let us start with my name:

Name: Hittesh Morjaria

DOB: 02 – 01 – 1972

Lucky no. 2

Destiny no. 4

Lucky colour as per Lucky no.: White and light Green.

No.	ALPHABETS	COLOUR
1	A – I – J – Q – Y	Golden Red
2	B – K – R	White
3	C – G – L – S	Yellow
4	D – M – T	Brown
5	E – H – N – X	Green
6	U – V – W	Pink
7	O – X – Z	Grey
8	F – P	Blue
9	-----	Orange

Result:

i. Numeric total of name is 1 so the colour of the full name is Golden; it means the person is connected to the Sun and has qualities of the Sun. Golden colour will be dominant in the Aura.

ii. The name has three Green alphabets, five Golden alphabets, two Brown alphabets, One Yellow alphabet and one Grey alphabet. It means that Golden will be dominating again, and the person has to be careful about the brown and the grey.

iii. Total of the birth date is 2 so the colour of his lucky date is White and light Green; it means the person is also connected to the Moon and has qualities of the Moon. White and light Green colours will be dominant in the Aura.

Alphabet	H	I	T	T	E	S	H
Number	5	1	4	4	5	3	5
Colour	Green	Golden	Brown	Brown	Green	Yellow	Green
M	O	R	J	A	R	I	A
4	7	2	1	1	2	1	1
Brown	Grey	White	Golden	Golden	White	Golden	Golden

Summary

My name and date of birth has domination of colour Golden, White and Light Green, so every time when my name is called, written or signed in my presence then I will feel the effects of this three colours, and their effects will be as follows: Golden which is the most dominant will keep me spiritually inclined, free from negativity, and famous. White will keep me pure and in 100% acceptance. Light Green will maintain sensitivity and also make me a good writer. White and green together will not allow ego from the

golden to take over. Yellow brings the desire to help others, but I have to guard myself from sudden accidents I may face because of the Brown and over sensitivity which might lead to depression.

Now let us calculate domination of Aura colour by the name of Isha, she is my student and very successful as an Aura reader and Astrologer:

Name: Isha (She does not use her full name)

DOB: 26 – 02 – 1985

Lucky no. 8

Destiny no. 6

Lucky colour as per Lucky no.: Blue and shades of Blue but as 8 is a number which brings a lot of hurdles she also has to consider 6 with 8 so a mixer of Blue and Pink i.e. Violet and Purple will be lucky for her.

Alphabet	I	S	H	A
Number	1	3	5	1
Colour	Golden	Yellow	Green	Golden

Result:

i. Numeric total of name is 1 so the colour of the full name is Golden; it means the person is connected to the Sun and has qualities of the Sun. Golden colour will be dominant in the Aura.

ii. The name has three Golden alphabets, one Green alphabet and One Yellow alphabet. It means that Golden will be dominating again, and the person will be helped by green and yellow to maintain her calm, to help people and to grow in spirituality.

iii. Total of the birth date is 8 but the colour of her luck number is Blue is not seen in the name so the person will be free of obstacles whenever her name is called, Pink colour of her destiny number 6 also does not appear in the name so the person will not allow relationship hinder her spiritual growth.

Summary

Isha's name has domination of colour Golden, Yellow and Green, so every time when my name is called, written or signed in my presence then I will feel the effects of this three colours, and their effects will be as follows: Golden which is the most dominant will keep her spiritually inclined, free from negativity, and famous. Green will maintain sensitivity and will not allow ego from the golden to take over. Yellow brings the desire to help others, but she has to guard herself from fear and jealousy triggered by Yellow and Green.

Section 5.

Aura cleansing

i. We are all born with a clean Aura which is innocent, loving, caring, faithful, spiritual and honest; but with time we come in contact with the outside world where there are different frequencies of different types of Auras and our Aura starts losing its positive colours. No matter how positive the colour of other person's Aura may be but if it does not jell with our Aura it makes our Aura impure.

ii. Impure means when any two things which are together and are not of same type. For example, if you mix sugar

with milk, sugar dissolves and keeps the milk pure; but if you mix oil with milk you will get impure oil as well as impure milk as none will dissolve or jell with the other.

iii. Impurity arisen by non-acceptance creates conflicts, which in turn gives rise to more negativity caused by attachment, entanglement, desire, lust, greed jealousy, anger, arrogance, enmity, hatred, antagonism, black magic, stress etc. which are the products of conflicts.

iv. Like our body our Aura also requires to be cleansed, there are some easy techniques to cleanse the impurities from your Aura on regular basis but if you have a serious problem then you need a proper Aura cleansing session. If the Aura is badly affected with impurities then the Aura cleansing session will take a longer time or more than one session. It is suggested that you take someone's help to do an Aura cleansing on you to remove impurities, and do not do it your- self if possible.

a. The regular cleansing of Aura from the impurities can be done as under

- Following the disciplines mentioned in earlier chapter.
- Daily bathing with Aura cleansing salts.
- Using Aura cleansing herbal face-pack.
- Regular exercising, breathing exercise and Yoga practice.
- Regular practice Aura cleansing meditation.
- Wearing clean clothes.
- Using perfumes.
- Burning Incense sticks or burning oil of flavors like, lemon, Sabarani, Loban, Eucalypts and evils eyes. This will not only cleanse your Aura but also the Aura of the room and everyone present in the room.
- Fill quarter bucket of hot water, add one spoon of Aura cleansing salt of evils eye flavor and two fistful of rock salt to the hot water. Sit with your feet dipped in it for half an hour, during this period make sure that you feel happy, can read, watch television or work on your computer but make sure you only do things which will make you feel happy and not excited, feverish, scared or sad.

Archive

I would like to quote one of my of my celebrity client.

Hare Krishna:

My daughter Radhika used to have cold, cough and fever every now and then. Once while visiting Mukteshwar Temple at Juhu Mumbai with my family, Hittesh Morjaria who is a personal friend saw my daughter and made an important observation that Radhika's Aura can be improved which will further enhance her good health; since I was worried about her weak health I asked him the remedy. To my utter surprise he suggested a very simple and inexpensive procedure which was to bathe her with crystal sea salt water adding Hittesh Morjaria's own branded Aura cleansing salt to it. He also suggested her to wear evil's eye stone.

I followed both of his suggestions and to my utter delight Radhika is doing fine. Thanks to Sri Sri Radha Krishna and my dear friend Hittesh Morjaria. After this miracle he became from being just an acquaintance he became my friend philosopher and guide.

In the weeks that followed I had started to follow his guidance (which is based on scientific calculations and

faith in God) similar Aura remedies for many of my big, small problems and decisions of daily life. He is one soul who is always in my hour of need, which is such a big relief because after all in this hectic life we all want a pillar of help and support.

b. Aura Cleansing Process Aura cleansing process is necessary to free you from negativity, anger, black magic etc.; it is important for an individual for freedom from the past and to attract positive people and situation in life.

Please see the below dos and don'ts

You must not volunteer to cleanse anyone's Aura if:

- You are not meditating regularly.
- Your system is very sensitive and you get affected by negativity very easily and fast.
- You are suffering from negativity.
- You are unwell.

c. Important rules to be followed by the Aura cleaner during Aura cleansing:

i. Do not touch the patient if he or she does not like to be touched. The process may take more than one and half hour, so let the patient be comfortable, let him or her lie down or sit on an easy chair. Aura does not open up to release negativity if the patient is not comfortable with you.

ii. You and your patient must breathe correct throughout the Aura cleansing process, be sure that when the breath goes in the stomach comes out and when the breath comes out the stomach goes in. Eighty percent of toxins and waste of our body comes out through the breath and twenty percent comes out through the stool, urine, eyes, nose, ears and mouth. In the same manner breath is the best cleanser of Aura; wrong breathing pattern takes in negativity in your Aura and correct breathing releases negativity out of the Aura.

iii. You and your patient must not wear anything black during the Aura cleansing process; black absorbs negativity and does not allow it to flow out of the Aura.

iv. Make sure that your patient does not cross his hands, legs or fingers during the Aura cleansing process, as that will stop the negative energy from flowing out.

v. Ask the patient to wear loose and cotton clothing, suggest the patient to avoid wearing tight cloths like under garments and silk, satin, wool or leather. Our whole body breathes and above mentioned clothes will not allow the body to breathe completely and will create an obstacle for Aura cleansing.

vi. Ask the patient to maintain distance in-between hands and legs, and let the palms face the ceiling; this also will help in proper breathing.

vii. Make sure that you are in direct contact with the floor that you are standing. This will absorb negativity that you absorb from the patient and give you positive energy.

viii. If you feel uncomfortable, sick or restless during the Aura cleansing process stop the process immediately and take an experts advice.

ix. You and your patient must take a bath with water mixed with Aroma Aura cleansing salts, immediately after the Aura cleansing process.

x. You and your patient must not eat or drink anything during and immediately after Aura cleansing process. Eat or drink only after taking an Aroma Aura cleansing salt bath after the process.

xi. You and your patient must not have applied oil, cream or any kind of sticky substance on your body or hair during the Aura cleansing process.

xii. The material used for Aura cleansing process must immediately be disposed outside the house.

xiii. No other person except you and your patient must

be present in the room where you are conducting Aura cleansing session. If there are people around, they will absorb negativity coming out from the patient.

xiv. Do not allow kids to enter the room in which you have done Aura cleansing till the next day, they have a soft and sensitive Aura which absorbs negativity very fast.

xv. Do not allow the mind to wander during the Aura cleansing session; cleansing happens when you are 100% focused.

xvi. Keep cracking jokes and keep the atmosphere light, if you detect a serious illness in the patient then do not alarm him, slowly suggest him to see a doctor; cleansing happens when the patient is 100% relaxed.

xvii. It is always advisable for you and the patient to do an Aura cleansing meditation before and after the Aura cleansing process.

xviii. Aura cleansing process cannot be done in a hurry you need to give more time to the affected parts and Chakra. If needed you must arrange for more than one session next day.

xix. Always cleanse the chakra from bottom to top; start with the base Chakra and end with the Crown.

xx. Always remember to close the Aura in the end of the session.

d. Material: Use of appropriate material with mantra is very necessary for Aura cleansing.

i. It is always better to start Aura cleansing with flowers and end it with fire and peacock feather.

ii. Except for the semiprecious stone pencils no other material for Aura cleansing must be reused.

iii. Stone pencils must be cleansed properly before and after using them.

iv. After use the material must be disposed outside the house, and must not be kept in the garbage bag.

v. Use appropriate material to balance the Tatwa. For example, do not use red chilies or fire material for people who are short tempered.

e. Process of Aura Cleansing:

Material	Useful for purpose	Mantra to be chanted during the cleansing	Special note
White flowers	Opening the Aura, removing mental stress	Shiva or alternatives from any religion	Necessary to start with flowers for all types of problems
Red flowers	Opening the Aura, removing negativity	Siddha Kushtika	For all chakra below the solar
Blue flowers	Opening the Aura, removing obstacles & black magic	Shaan	Good for Saturn period
Yellow flowers	Remove legal problems, stagnancy & paralytic attack	Baglamudihi Seed	Do not wear black
Orange flowers	Remove depression	Vishnu Seed	With total joy
Green Leaves	Remove depression	Ganesh	For good sleep & tired eyes/crown Chakra
Red Salt	Remove black magic	Shiva	
Black Sesame	Same as blue flowers	Same as blue flowers	Same as blue flowers
Red Chilies	Remove jealousy	Same as red flowers	
Lemon	Remove all problems	Korika	All Chakra
Turnip Powder	Same as yellow flowers	Same as yellow flowers	
Clear quartz crystal	Same as white flowers	Same as white flowers	
Amethyst	Same as blue flowers	Same as blue flowers	
Black aurumaline	Same as blue flowers	Same as blue flowers	
Rose quartz	For wealth and relationship	Any of the Laxmi Seed	For heart and solar Chakra
Coconut	For all problems	All Mantra	Necessary
Coconut (ung with butter oil)	For all problems	All Mantra	Coconut in % & make a lamp with oil
11 Lemon succrose stick	For all problems	Korika	All Chakra
Candle	For all problems	All Mantra	All Chakra
Peacock feather	For closing the Aura in the end	Korika	Use white flowers if feathers are banned

i. The first step in cleansing the Aura is to read the Aura carefully. Study the blocks, dark patches, if you see a major problem ask the patient if he or she has health problem in that area.

ii. Then study the size and activeness of all Chakra, speak to the patient about emotional blocks or problems which might have blocked the Chakra.

iii. Decide what material you will need for cleansing, using extra material will help.

iv. Activate your hand and finger Chakra as per the process shown in the earlier chapter 'Chakra'.

A. Breathing process:

i. Ask the patient to concentrate on the breath throughout the process, when the patient breathes in the stomach must come out and when he breathes out the stomach must go in.

ii. The Patient must take long and deep breaths, and drop the body loose.

iii. Your breathing pattern also has to be the same.

B. Releasing the blocks:

i. Let the patient sit and you must stand behind the patient and check for the swollen nerves in the head and especially behind the ears. It is surprising but you will find the blocks on the same spots behind right and left ear. Start massaging those blocks of swollen nerves slowly with clock wise movements with your fingers slowly chanting the Maha-Mirtunjay Mantra.

ii. Stand behind the patient and place both your palms on the patients shoulder joints asking the patient to keep his hands hanging down and chant the Maha-Mirtunjay Mantra for eleven times. Ask him to feel and he or she will feel the negativity flowing down from his or her fingers.

iii. If the patient is comfortable lying down ask him or her to lie down.

iv. Remind the patient to concentrate on the breath and take deep breaths, and check whether he or she is taking proper breaths.

v. Let the atmosphere be light by talking to the patient, crack a few jokes, let the Aura cleansing Music keep playing.

vi. Let Hansaa's evils-eye Aura oil be burning during the process.

vii. Do not scare the patient and assure him that all will be fine.

viii. After every process appreciate your work tell the patient you are already seeing the positive change in his or hers Aura.

C. The Method of cleansing:

i. Hold the material in your right hand; keep the left hand open to the sky, check that you and your patient are breathing properly. Place the right hand on the crown of the patient and start the cleansing process as under.

ii. In the first round: start from the crown chakra chanting the corresponding mantra, go down slowly to the left ear go to the neck then move down to the left shoulder. Go down to the left arm, come down to the left thigh, down to left knee to left calf, down to left foot then move to right foot. From there go to right calf, up to right knee, right thigh, right palm, right hand, right shoulder, right neck right ear, to the crown chakra.

iii. In the second round: start from the crown chakra chanting the corresponding mantra, go down slowly to the left cheek now we will move inwards, to left jaw, neck, left shoulder, left lung, left waist, left hip, left thigh, down to left knee to left calf, down to left foot then move to right foot. From there go to right calf, up to right knee, right thigh, right hip, right waist, right lung, right shoulder, neck, right cheek and to the crown.

iv. In the third round: start from the crown chakra chanting the corresponding mantra, go down right forehead, to the left eye, left lips, left chin, left throat, left chest, left nipple, left stomach. Left abdomen, left thigh, down to left knee to left calf, down to left foot then move to right foot. From there go to right calf, up to right knee, right thigh, right abdomen, right stomach, right nipple, right chest, right shoulder, right chin, right lips, right eye, right forehead and up to the crown.

v. In the fourth round: start from the crown chakra chanting the corresponding mantra, go down to the forehead, to the third eye, to the nose, the lips the throat, the chest, the solar plexus, the navel the genitals, inside both thighs, knee, calves, foot and come up through the same route to the crown.

vi. The fifth round: be same as the third round.

vii. The sixth round: be same as the second round.

viii. The seventh round: be same as the first round.

D. Channeling the energy and cleansing the Chakra:

After cleansing the body move towards the Anus take the material five inches near the chakra starting from the base chakra moving towards the crown from bottom to top; and make clockwise movements chanting the mantra. Ask the patient to keep his or hers attention to the base chakra, during and after the cleansing the patient will feel the chakra rotating. If he or she feels no movements then you must know that the chakra is blocked and you will require to give more attention to that particular chakra.

i. It is important to cleanse the solar plexus chakra in females and emotional people.

E. Cleansing the Aura:

i. Start opening the Aura with flowers and corresponding mantra by moving the flowers in clockwise direction. Keep your hands very close to the patient at least within six inches of the patient's body as the Aura is of around six inches, moving downwards from the patients left and upwards from the patients' right.

ii. Then cleanse the chakra, after cleansing the chakra. Start the second round with some other material; do not reuse any of the material.

iii. Use all material that need to be lit like burnt lamp made out of coconut shell, lemon flavor incense sticks and camphor in the end to burn out all negativities which may have arrived on the surface.

iv. Close and cleanse the Aura with peacock feather or any other feather. If use of feathers is banned in your country then you may use any white coloured flowers.

v. Do not use more chilies or more lit material for people who are very short-tempered as these items create more fire element in the Aura, only using one lit item for the fire round is fine.

vi. Use more chilies for people suffering due to jealousy; chilies are the best to remove jealousy.

vii. Cleanse the Mulaadhar (Base) Chakra very well of the patient having suicidal tendencies. The best material to do so is fire substances like Camphor and lemon flavor incense sticks. The best mantra for cleansing and activation of the base chakra is 'Ganesh Mool Mantra'.

viii. Cleanse the Swadhisthan (Sex) Chakra very well of the patient suffering from depression. The best material to do so is lemon. The best mantra for cleansing and activation of the sex chakra is 'Maha Mirtunjay Mantra'.

ix. Cleanse the Manipur (Navel) Chakra very well of the patient suffering from greed or jealousy tendencies. The best materials to do so are chilies. The best mantra for cleansing and activation of the navel chakra is 'Ganesh Mool Mantra'.

x. Cleanse the Solar Plexus Chakra very well of the patient suffering from over emotion and sensitivity. The best material to do so is flowers. The best mantra for cleansing and activation of the solar plexus chakra is 'Laxmi or Vishnu Bij Mantra'.

xi. Cleanse the Anaahat (Heart) Chakra very well of the patient suffering from fear or anger. The best material to do so is flowers. The best mantra for cleansing and activation of the Heart Chakra is 'Laxmi or Vishnu Bij Mantra'.

xii. Cleanse the Vishuddhi (Throat) Chakra very well of the patient suffering from ill health and guilt. The best materials to do so are green leaves, lemons and blue flowers. The best mantra for cleansing and activation of the Throat Chakra is 'All Shiva Mantra'.

xiii. Cleanse the Aangya (Third eye) Chakra very well of the patient suffering from lack of attention and anger. The best materials to do so are salt, coconuts, incense sticks, camphor and white flowers. The best mantra for cleansing and activation of the Third eye chakra is 'All Shiva Mantra' and 'Kartike Mantra'.

xiv. Cleanse the Sahastrar (Crown) of the patient. All materials to do so are salt, coconuts, incense sticks, camphor and white flowers. The best mantra for cleansing and activation of the crown is 'All Shiva Mantra'.

xv. Use all the materials starting from flowers and ending with fire rounds; then close the Aura to make its protection outer layer stronger. This will end the Aura cleansing process.

After cleansing the Aura you and the patient must take bath with Aura cleansing salt. And only then you or your patient can eat anything.

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Unitary Science of the Intra-Universe

The Unitary Science of the Intra-Universe is the result of a long process of transformation leading to an inter-dimensional contact between the Unitary Spirit of the superior consciousness and the human creatures, in perfect continuity with all the human existence's levels such as material, physical, psycho-emotional, mental, telepathic, and spiritual. This book allows you to access this Science of Unity, which is analytical, analogical and synthetic all together, written in a language which sometimes uses completely new words to describe a reality which is not only physical but also energetic, unfolding in time and in timelessness.

What Is the Intra-Universe?

The Intra-universe corresponds to the invisible architectural weaves of the Creator Word, underlying the material creation. As IJP. Appel-Guéry specifies: "As the human being is projected on the outer side of internal cosmic operations, he has but partial concepts and interventions within the frame of the mortal structural reality of this universe. Most human beings live a large part of their existence in this exterior process, without ever recovering any awareness of the Intra-universe that links them to Unity."

What Does the Unitary Science Bring Us?

Reading the Unitary Science means gaining access, with great precision, to the notion that the human being is the representation, in form, of a creature that is immensely vaster, and that resonates with visible and invisible dimensions of the universe. The language in which those intra-universal weaves can be rendered may seem complex to the unprepared earthly mind that has been conditioned from childhood by dialectic linear concepts. Contact with the intra-universal field takes place according to a vibral telepathic mode.

Discovering the Intra-universe allows each of us to understand the weaves that rule the universe, and to recover the keys of our identity. It becomes possible to pass from a daily ordinary human life to a cosmic transcendent reality. The human being is a traveller in the cosmos; he or she then can communicate with other civilizations and other consciousness-beings existing in the universe, and becomes a being of totality, all together planetary, galactic and unitary.

Inter-dimensional Architectural Weaves

The human being is the physical manifestation of a much larger entity resonating with the whole visible and invisible universe. In order to better understand the complexity of exchanges existing between the different dimensions, we must become aware of the fact that the material plane in which our physical body evolves is but a tiny link in the evolutionary chain connecting multiple planes of the Creation. IJP. Appel-Guéry has drawn a chart of the different levels of existence that can be found, from the Extra-universe to the Intra-universe, in order to help us better understand the various levels of contact and intervention that have an influence over humankind. The material plane is a created world of form, but there exist created subtle dimensions as well as uncreated subtle dimensions. Human evolution is being permanently monitored by fields of consciousness that are ahead of us in the vibratory chain of universal harmony.

All of the traditional teachings mention these vibratory intermediaries existing between the unitary principle of the Word and the human being, whatever the name given to them: angels, gods, devas. The 'unitary network' is the plane of communication connecting the creating Word with the Creatures and with the Creation. Following the collapse of certain subtle dimensions that had been in charge of the evolution of humankind, the latter happened to be disconnected from this unitary network. In many a traditional text you can find the narration of this collapse followed by a disconnection, such as, in the Christian tradition, the Fall of Lucifer (the Lightbearer) and the departure of Adam and Eve from Heavens. Certain awakened beings have obtained consciousness abilities allowing them to be reconnected to the internal functioning of the Universe, through a process of integration within the field of a timeless Consciousness.

One cannot speak of the Unitary Science of the Intra-Universe without presenting its author and background.

When learning about IJP. Appel-Guéry's life or when meeting him, certain people could conclude he is really one of these people who exceed the norm. As soon as early childhood he was somewhat piloted by his superior dimension to re-discover, from inside, a very powerful initiatory process.

Through very specific exercises, telepathically directed by other dimensions, he gradually modified his own atomic-molecular system, to the point that he finally awakened extraordinary telepathic capabilities allowing him to immediately scan any kind of person or situation, and to give unimaginable explanations stemming from the Intra-universe.

At the age of four, he was strangely conscious of the global mission he would have to accomplish. His operational initiatory preparation started when he was twelve, with the practice of very powerful initiation exercises directly inspired by his superior spiritual dimension; it is only many years later that he found traces of those exercises in the tradition, when reading certain Tibetan, Sufi, Christian, Alchemy or Taoist initiatory books. All this led him to his first trans-dimensional journeys, around eighteen, when the transcendent door to the immortal field of the Intra-universe opened before him; and he passed it after a whole year of absolute ascetics, with the help of superior hierarchies.

This unforgettable illumination marked the rest of his life. To prepare for his future activities as an instructor, he was led to study all the traditions and all the types of modern sciences: geology, biology, chemistry, physics, medicine, anatomy, pathology, to which he added studies of general psychology, social psychology and psychology of the child and teenager. Having passed about fifteen degrees, amongst which a BA in Science and a BA in Psychology, in the University of Paris, he started to write quite unique works of synthesis, including numerous elaborated diagrams, explaining the secret laws of the universe. Continuously confronting this exterior information with his extrasensory perceptions, he managed to formulate an extremely new set of teachings, which he started to transmit to many people when he was around thirty-three, through thousands of lectures.

Around 1972-1973, luminous spheres appeared to him in the sky for the first time; they accompanied him all along his operational activities, even in full daylight, in front of dozens of people who still can testify, so impressive those events were to them.

The Background: An Adventure of the Consciousness

Over many years, IJP. Appel-Guéry and his research team grew more and more familiar with

the field of a very complex inter-dimensional consciousness, very different from our basic human concepts. It was necessary to check this information through the filter of experimentation. As time passed, a great amount of evidence concerning the accuracy and truth of these data was collected: foreboding of many visual manifestations; reception of the same telepathic pattern by two people living several hundred miles away from one another; predictions of events which really happened with incredible precision; transformation of the energy of a whole gathering of people, which many individuals could experience several times during a contact experience; transmission of information that was recorded on more than seven thousand tapes.

For more information:

IJP. Appel-Guéry's blog site
<http://www.appelguery.com/>

Site of the Unitary Science of the Intra-Universe:
http://www.unitaryscience.org/sueng_presentati on.htm

A New Kind of Experience:
http://www.unitarycontact.com/unitary_vibrat e_nergy.htm

A Training Program in Personal and Transpersonal Growth
<http://www.unitaryscienceinstitute.com/>
 A Global Communion for International and Interdimensional Mutual Aid:
<http://www.qualitativelife.com/>



The Kundalini Awakening Systems1 Safeties Protocols (Third installment)

What is needed for a safe Kundalini Journey?

Master Chrism suggests using the Kundalini Awakening Systems1 protocols – The Safeties. To date we listed the following Safety protocols: The locks (tongue up –eyes up during meditation-finger lock- Gyan mudra); Drinking water; Grounding; Eating Root Vegetables; Food choices and Movement. This month we will add the five Tibetans, Love and Gratitude.

Practice all aspects of the safeties and conditioning the five bodies of expression. Emotional, mental, spiritual, physical, psychological and this will give you results and the ability to hold Kundalini without going nuts.

This is what I recommend.

This practice and conditioning will take you the farthest and allow you to hold it and increase that holding as you progress upon the path. It requires working with issues and areas that are not always fun and not always with interesting phenomena. But it works and its safe and it allows you to go beyond into the areas of phenomena and sensation that await all who will have this path walk them as they walk it. And as you pass those attention tests into the important areas further up the mountain you can begin to appreciate the gifts of what this conditioning brings.

The 5 Tibetan Rites Safety Protocol

Start slow with no more than six repetitions for each Tibetan building up to twenty one of each.

The Tibetans are for the generation and dissemination of micro releases of Kundalini throughout the body. Allowing the body to adjust and allowing health benefits to be kindled. They are directed to the first five chakras. Each Tibetan is designed to assist the energy to climb higher and higher in a bottom to top fashion. The locks, the breathing, the Tibetans, the forgiveness, the recapitulations, the gratefulness, the service, and all of [the safeties](#) attenuate the frequency for and towards Kundalini expression.

If you have difficulty physically performing the five Tibetans we have an article for our immobile friends <http://kundaliniawakeningsystems1.com/the-tibetans-immobile.html>

I use the Tibetans for the activation of Kundalini in a body that isn't or has not yet opened to this flow. There are other benefits to them and this good but not what I am using them for. After years of practice I determined that the best practices/techniques are those that have benefits that go outside the scope of the Kundalini in case the individual decides not to engage the flow, they still have practice that is healthy and will propel them forward wherever they wish to go, inside love.

The other rites are for those who wish to go farther. They are not to be tasted or trifled with in the context of tasting wine or trying this for that effect or that for another. They are deeply significant and often dangerous aspects of a sacred system thousands of years old and practiced by those in Tibet and other areas for the extension of life, and the raising of the Kundalini.

We are given so much choice and opportunity in our western society that we often allow sincerity and sacredness, belief and spiritual consciousness to be muddled into aspects of entertainment. We tease and deride those who cling to the old ways of sacrifice and service, enlightenment and esoteric activities beyond the understandings of the masses more interested in the latest TV program. We seek the latest diet to expel the fat from our bodies, fat we pile on that we may gorge continuously all the while seeking youth full appearances, sexual attraction being relegated to just another addiction.

I limited the Tibetans to five as this was the safest route for the beginning person.

Narrowing the choices and trying for focus rather than the field of all opportunity. The act of actually doing the practice will also separate the wheat from the chaff, and I salute all of you who continue to practice. My advice is to go slowly and allow for adjustment. If you can do the 6th Tibetan and never ever have sexual congress with another or with yourself for the rest of your life then yes this may be appropriate for you. Do not turn back however and rescind that commitment because of desire. Be certain of how you feel and don't look back.

Let us be clear about some things. There are other levels of existence. You exist in one that is intersected with others. The actions you produce here are felt in other places, by other life, by other intelligence. Ripples in the pond. As water freezes

into ice and heats into steam so do we as intelligence transmute into other forms of expression. That transmutation is influenced by your intent and actions based on the intent you express here, now, even as you read.

Keep your commitments. Be truthful and sincere. Do the practice if you feel it is the right thing for you to do but know this as you do it. You are unlocking a door. A door that can lead you into extreme danger and extreme joy. It is extreme because you're still in a body, blind, and blending the levels. Do not do this for power over anything other than your desires. Not for exaltation or the challenge or for the ultimate experience of it because it will consume you and rightfully so. I cannot list the multitude ways the Kundalini can go wrong in a person, or the number of ways it can go right. If you do the safeties practice sincerely and with sacred intention then it will go lovingly, with the seeds of helpfulness you plant by your actions and intentions. Be careful and honest with yourself. It's worth it.

Love Safety Protocol

Actively love what is happening. Express this active love by being actively forgiving and interested in being of service to others. Not in a slavish or demeaning way but in a confident and strength based, loving way. Help that kid or senior citizen or fellow mortal without endangering yourself preferably. This allows the Kundalini to activate your systems much cleaner and more quickly. I know it sounds hokey but love is the strongest quality and just as the negative can turn around and bite so does the love turn around and embrace, even faster!

Love causes the energy to move rapidly and as you practice this quality you will find that negativity just doesn't seem to come your way as much and then almost never. Service to others or for others is an essential practice for the Kundalini of this lineage. Others who have activated without these teachings have and are suffering terribly and my heart goes out to them. They will learn though in their own good or bad time. They will learn what you are learning right now. This is one of the best safeties you can practice because as I mentioned before you are being observed, really, and those who are observing will not allow you, who are a part, now, of their lineage to be harmed for the practice of love. A protection has been placed around you for the purpose of giving you the opportunity to take this evolutionary step called the Kundalini. As you

practice, communications and assurances will be given by this source to help you on the path.

Love follows love

As much as you can keep a positive self-outlook. So much of the time we live at the mercy of our emotions or feelings. Life happens in such a way as to provide the reasons and impetus for how we feel and therefore can in this way mitigate our feelings. I will suggest that you happen to your life rather than your life happening to you. You be the builder of your feelings and your state of emotional clarity. You make the choices in how you will feel and in this way will your process support you. Love follows love.

Your external environment is a product of your inner discernment. How you respond to it is also a product of your inner discernment. We are given the gift of choice in how we wish to feel or respond to many given instances of physical and mental, psychological, spiritual, and emotional involvement. We choose how we feel about a certain set of actions and we respond by our choice in certain ways to those actions.

Gratitude Safety Protocol

Be grateful for the ideas and thoughts and wisdoms that begin to flow into your mind sometimes like a flood. Be grateful for the Kundalini as it is bringing you to a new and greater understanding of the All that is. Be grateful to your family and friends and perfect strangers for what they bring to your life and the opportunities that come your way. Say to yourself in your mind and heart that you are grateful for these gifts and even greater ones will come your way. This is the nature of the path you are walking. Diligence and integrity are richly rewarded.

Gratitude is another application of high vibrational joy, an ascended practice. Do not believe that every action and inaction, thought and intent is not being observed by others who have an interest in how you accomplish and develop in your life.

The omniverse is teeming with consciousness. Many whom you have known and have passed before you or are part of your genetic lineage can and do observe and learn from your earthly accomplishments and failures.

That being said, to acknowledge and be grateful for

being given the opportunity to advance in your spiritual life is how we are approaching gratitude. Gratitude is another applied declaration of love. To be grateful is a powerful summoning of spiritual strength and love and acceptance. It is another factor in how we are able to manifest our Kundalini destinies. To show gratitude is to show appreciation and is to show Divinity that you are ready to take the next step in your spiritual evolution with thanks for your existence. Gratitude for your process. It is noted by the Kundalini who helps you in the unseen ways that it does.

Chrism is a native of California. He travels the country awakening the Kundalini in groups of people safely. Kundalini as it expresses through Chrism is the teacher. Seminar in Ireland in June, 2011 <http://www.celtickundalini.com/page1.php>

Seminar in Minneapolis, MN (U.S.) in Sept 2011
www.KundaliniAwakeningSeminars.com
www.KundaliniAwakeningSystems1.com
<http://www.kundaliniawakeningsystems1.com/the-safeties.html>

Here are some videos for more information:

How the Safeties were developed
<http://video.search.yahoo.com/search/video?p=chrism+kundalini&tnr=18&b=37>

Grounding-
<http://video.search.yahoo.com/search/video?p=chrism+kundalini>

5 Tibetans-
<http://video.search.yahoo.com/search/video?p=chrism+kundalini>



Look Within and Listen to the Inner Voice

We live in a world where we look everywhere for solutions, for problem creators, for literally everything everywhere except within. Sometimes I have found my students feeling shy in telling that they meditate as they would become a butt of jokes among their peers. When I conducted a learning styles test and found that three students in the class of thirty had intrapersonal styles, I briefly talked about spiritual tools like meditation, how society needs them badly and how one can even make money ethically by teaching such practices. The three students who had intrapersonal styles were hanging their heads in shame while the other students remarked that they can become some Baba (saint).

The truth is often bitter and let us accept this bitter truth. While the elite of the western as well as eastern world is slowly accepting spirituality, the middle class still considers it as an aberration and exception. If there is something close to panacea to cure most of the social ills, it is meditation and spirituality and in fact meditation can be introduced right at the school level and can be very helpful in improving the overall personality of the person. Stephen Covey, one of the 25 most influential Americans also talks of spirituality and says, "Educate and obey your conscience. Educating as I speak of it here involves getting into the sacred literature of all the great traditions that have had enduring value and then consciously living true to what you have learned." Though spirituality definitely focuses on the soul but it understands the holistic nature of it and hence consider mind, body and heart equally important. Covey adds, "To me spirituality is three things. First of all you are dealing with the whole person. That includes the person's spirit or soul. You cannot separate their body or their mind or their heart from their spirit, because they are all so inter-related and there is a synergistic relationship between all these four dimensions of our nature."

In Chinese there is a proverb, "First know and help yourself, then your family, then your village and then your country." Spirituality is a deep inner search for a fuller personal integration with a transcendent greater than our narrow self and the best way to that is to look within, to isolate that small inner voice from the chatter of the mind and start listening to it.

There is a practice similar to meditation among Jesuits which is called discernment. It is learning to quieten the mind and get into deep inner self. Then one is able to listen to the inner voice of God which guides the spirit to give signals for the path ahead. Anand Pillai of HCL India says, "Our self worth comes in being who we are, not in doing what we do, not in achieving what we achieve, not in having what we have. Spiritual Quotient (SQ measures the extent that you do what you do because of who you are, not because of your nationality or title or position in life."

Dr AK Chattopadhyay says, "Spirituality is when I look at myself, look within and not outside and respond from my inner feelings, where we are all perfect beings." He adds, "If I am here, I have a purpose to serve; God has created me not to just hover around and do nothing. There is some superpower that creates things in a systematic and organized manner and I can align my thoughts with this." Dr. Chattopadhyay talks of an incident where he won the trust of the workers to an extent where the workers trusted management more than the union leaders and senior management became the workers leadership too.

Such is the power of spirituality (if we could just look within and listen to that small voice); don't feel a need to say more.

Dr Amit Nagpal (amitknagpal@gmail.com)



Inspirations from Binah

How do I give up smoking, or any other addiction?

Arthur asks:

I have been smoking on and off again for several years. I don't feel like a smoker, but then I look down and find a cigarette in my hand. Any advice on how to give it up?

Inspirations from Binah replies:

Addiction! A single word that seems to hold so much power. It creates deep roots that cross from the physical to the emotional. Though the word itself holds no power at all, we give it life through our self-judgment and criticism. Every time we berate ourselves for not doing what we think we should be doing, we add fertilizer to the already rich soil, creating a landscape of weeds that slowly suffocate the beautiful plants and trees that make up our physical and emotional lives.

Just like any weed, pulling up what you see will not make it go away. In order to overcome your addiction, you must get to the entire root system, eradicating it from your physical and psychological world. In the case of your smoking, it means cutting the nicotine out of your system and at the same time reprogramming your psyche, effectively creating a new non-smoking version of yourself.

One technique to reset your behavior is to use a notarikon. In a notarikon, you create a new word out of the first or last letters of each word of an affirming sentence. This new word becomes a focused affirmation that can be used frequently to reinforce a new through process or behavior. For example, the word AMEN is a notarikon that represents "Al (ehl) Melech Nehehmahn", and means God is our faithful king. Every time you say AMEN, you are reaffirming this statement. Even though most people do not know the literal sentence behind AMEN or its meaning, they still feel the power of its intention which has been built up over years of use by millions of people.

Go to any store and you can find various tools for helping you through the physical side of your addiction. Whether you choose to gradually eliminate nicotine or cut it out in one swoop, the body will respond as long as you focus your attention on changing the mind. It is here where your notarikon will guide you.

The first step is to create a sentence that defines the new, non-smoking you. This sentence should be created in a positive and present tense and avoid all mention of cigarettes, instead focusing on what you want to be breathing in. Take your time to confer with your higher self to come up with something that represents how you see yourself - the person without the cigarette. Some examples include:

I Only Breath Clean Crisp Air Into My Lungs
I Breath Only Clean Air
My Lungs Crave Clean Air
Only Delicious Food and Delectable Treats
Touch My Lips

Have fun creating your affirmation. This is an expression of you, the person you see when you look in the mirror.

For example purposes, we will choose the first sentence: I Only Breath Clean Crisp Air Into My Lungs. This can be reduced to IOBCCAIML. With your notarikon created, it is now time to put it to use. Write this down on little pieces of paper and put them everywhere you would normally store cigarettes, so that every time you reach for a pack, you find this instead. Put it in your pocket, bag, wallet where you used to keep money to buy cigarettes, next to the alcohol if you used to smoke with a drink in hand, in the center console of your car where you used to throw your cigarettes, etc. Your goal is to read IOBCCAIML any time you would have reached for a cigarette or for money to buy cigarettes.

You can also chant the notarikon like a mantra anytime you feel the urge to smoke, inventing a pronunciation that resonates with you, such as i-obe-cai-mal. Whether said out loud or as a silent prayer, by repeating the word you further connect its meaning to your psychological circuitry, eventually changing the physical circuitry as well. The connections between mind, body and spirit are vast, so every time you see, hear or speak this word, you build its power, thus building up your new persona.

In time, you will probably forget the original meaning of the individual letters, but its strong association with clean air will remain, ridding you of the addiction you once struggled with. And should the urge ever resurface, you have only to call upon your magic word to invoke its energy and once again feel it sooth away your cravings.

This technique will work for any addiction, as long as you are diligent in your use. They say it takes at least 21 days to create a habit, others say it takes six weeks. Whatever the amount of time, trust that your notarikon will get you where you want to go. And remember, "Good habits, once established, are just as hard to break as are bad habits" - Robert Puller.

We all have moments in life when we are dealing with problems we don't know how to solve. We read books, browse through forums, take classes and talk to friends, but that just leads us to endless amounts of spiritual options without a clear way to use them. In the end, we are more confused than ever, eventually calling out to the Universe for help!

In these times where previously-hidden spiritual knowledge is being revealed at a rapid pace, there is a need to learn how to integrate these teachings into everyday life. My higher self, guides me as I identify your issues from your question, cross reference them against a database of correspondences, and reveal the perfect match between question and spiritual tool.

Yvette Soler, a leading spiritual teacher who will help you find spiritual solutions to the issues in your life. Please forward any questions you may have to binah@eternallightenergy.com. Additional questions, answers and podcasts can be found on the Inspirations from Binah website: www.inspirationsfrombinah.com

BIRTH

Giving a birth to a child is very tedious process. It's not as easy as getting married and following year the child arrives.

There should be proper planning before wanting a child. Every individual desires a super child or a child who has prodigious ability, intelligence and good health. However, how many people actually think about that if we need a super child we should have to do planning for that?

Simply getting married is not enough for preparation. We have to prepare at least one year before for a super soul to come in our house. As we know that body is a medium for giving birth to a child. It means our body is a kind of a machine to generate a child. If the machine is of great quality then the product will also of great quality.

So let we start with our body and learn simple facts about our body.

We all know that good health is a must for every work. If we want to do meditation and if we don't have good health, meditation will not happen.

Our body is made from five factors: water, air, earth, fire and space.

Food which we eat feed our soul and body. Our body is also fed by nature along with above five factors. Just imagine, does any plant need to take care of growing? Like that does our body need to take care of growing? Actually we don't need anything to grow. Nature has set parameters for our living, soul and body. It happens automatically.

We divide our life in three parts. First part needs growth till the age of 25 years. Till that time the body grows as it ages and thereafter maintenance starts till 50 years. At this point the body doesn't grow but it needs maintenance. After 50 years body starts depreciating.

It means that we need more food till 25 years; between 25 to 50 years we need food only for maintenance. After 50 years we need little and less food. Here an interesting factor arises that in our daily routine we consume much more food than we need. Here comes the tragedy. Food performs different roles in our life. Till 25 years it helps our body to grow. From 25 to 50 years it maintains and after 50 years it helps only for the living.

If we continue to take our diet of our childhood, well into our adulthood, the food reacts. It effects unhealthy despite taking healthier food. Between 25 to 50 years if we take more food than the body will not absorb it. It will create reactions like fat, cholesterol, diseases etc. If we continue this habit after 50 years of age, food will be the cause of our death.

We think that we are feeding the body to get healthier but actually that is a depreciating factor for our body resulting unhealthier body. So if we want to live healthy we should follow these rules. Also to maintain our body we need to do some exercises daily like yoga, pranayam and meditation.

Only after creating a good body we can be ready to give birth to a child. It's like tuning our machine before producing any product. We know some children are just copy of their parents. Same emotions, simplicity, cruelty, mad about money, selfishness etc., appears in the child of the couple. Why this happen is because of the

quality of their parents genes. Some qualities come from the nature also. That's why they sometimes react different unlike their parents.

So what planning do we need before?

Tune our body: it means if we need a good healthier child, we first need our body to be healthier, only after which we can conceive a healthier child.

We have different choices of food, living and tastes. Like some want Chinese, some like Mexican, some Indian food, some feel comfort in big room and some prefer small room. Hence, we have different choices for living.

But do we know that also have the same experience in intercourse? Why? Because it is a taste for the body and soul. During intercourse the couple becomes one only if they are in love. Second major thing for a good child is good love between the parents.

Love gives us feeling of expansions. During love we can invite good souls to come. Person whom we love is a major factor. What we love is the intelligence and attitude of the person. Not simply beauty which is a loving factor in this world. We often see that after living with some person we fall in love with him or her even though he or she may not beautiful. Simply because of his/her nature and intelligence. If our body is not healthier than how can we enjoy and feel that realm of togetherness?

Next, we need is to change our nature and habits.

If our nature is aggressive, not polite than we need to change this quality. We can change this through meditation only. After continued practice of yogasana, pranayam and meditation we can change and tune our body, mind and soul.

Here, I want to give an example from the epic of Mahabharata from India.

Kunti's children (All Pandavas) are copy of different personalities of particular deities. Like Karna was of the characteristics of Lord Sun. Yudhister had the characteristics of lord Dharmraj. Kunti wanted that kind of children that should have specific deities' quality. How this happened? She would change first herself. Many years of practice made that possible at that time. Much precaution was also necessary during the pregnancy period.

A child always learns by coping. He always copy his parents, teachers, surroundings etc., even during the nine months of pregnancy period, the child also learn in the womb of his/her mother. So parents should be clean by nature of body, mind and soul. Don't forget that child in the womb is imbibing the parents characteristics.

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CHILE

Where The Land Ends

Republic of Chile is a country in South America occupying a long, narrow coastal strip between the Andes Mountains to the east and the Pacific Ocean to the west. The shape of Chile is a distinctive stretch of land 4,300 kilometers (2,700 miles) long and on average 175 kilometers (109 miles) wide. Its climate varies, ranging from the world's driest desert, the Atacama in the north, through a Mediterranean climate in the center, to a rainy temperate climate in the south. Southern Chile is rich in forests, grazing lands, and features a string of volcanoes and lakes. The southern coast is a labyrinth of fjords, inlets, canals, twisting peninsulas, and islands. The Andes Mountains are located on the eastern border. Chilean territory also includes the Pacific islands of Juan Fernández, Salas y Gómez, Desventuradas and Easter Island.

Prior to arrival of the Spanish in the 16th century, northern Chile was under Inca rule while the indigenous Mapuche inhabited central and southern Chile. Chile declared its independence from Spain on February 12, 1818. Today, Chile is one of South America's most stable and prosperous nations. There are various theories about the origin of the word Chile. Chile may have derive its name from the native Mapuche word chilli, which may mean where the land end. That is, in these theories, the name Chile comes to mean Endland, Coldland or Snowland. Ultimately, Almagro is credited with the universalization of the name Chile, after naming the Mapocho valley as such.

About 10,000 years ago, migrating Native Americans settled in fertile valleys and coastal areas of what is present-day Chile. Example settlement sites from the very early human habitation are Monte Verde, Cueva del Milodon and the Pali Aike Crater's lava tube. The Incas briefly extended their empire into what is now northern Chile, but the Mapuche (or Araucanians as they were known by the Spaniards) successfully resisted many attempts by the Inca Empire to subjugate them, despite their lack of state organization. In 1520, while attempting to circumnavigate the earth, Ferdinand Magellan

discovered the southern passage now named after him, the Strait of Magellan. The next Europeans to reach Chile were Diego de Almagro and his band of Spanish conquistadors, who came from Peru in 1535 seeking gold. Although the Spanish did not find the extensive gold and silver they sought, they recognized the agricultural potential of Chile's central valley, and Chile became part of the Spanish Empire. On February 12, 1818, Chile was proclaimed an independent republic. However, this was followed by

many smaller civil wars and wars with the neighboring countries such as Argentina, Peru and Bolivia.

Chile within its borders hosts at least seven major climatic subtypes, ranging from desert in the north, to alpine tundra and glaciers in the east and south east, humid subtropical in Easter Island, Oceanic in the south and Mediterranean climate in central Chile. On the slopes of the Andes, besides the scattered tola desert brush, grasses are found. The central valley is characterized by several species of cactus, the hard espinos, the Chilean pine, and the Copihue, a red bell-shaped flower that is Chile's national flower. In southern Chile, south of the Biobío River, the heavy precipitation has produced dense forests of laurels, magnolias, and various species of conifers and beeches are found. Grassland is found in Atlantic Chile (in Patagonia). Chile's geographical isolation also has restricted the immigration of faunal life, so that only a few of the many distinctive Latin American animals are found. Among the larger mammals are the puma or cougar, the llama-like Guanaco and the fox-like chilla. In the forest region, several types of marsupials and a small deer

known as the pudu are found. Owing to the vicinity of the Humboldt Current, ocean waters abound with fish and other forms of marine life, which in turn support a rich variety of waterfowl, including different penguins. Whales are abundant, and some six species of seals are found in the area.

Chile is a country full of contrasting but beautiful geographic land. It is ideal not only for relaxation, exploring and sports but also to be directly in touch with the nature. There are stretches of untouched lands, good for contemplation and understanding of nature and life.



Such places are a must visit to be one amongst the natural



creations on this planet.

Regions of Chile – Far North and North

Arica

Arica is located near the northern border of the country, at the mouth of river Azapa. It is known as the City of Eternal Spring due to its weather, enjoying high temperatures all the year round. Its status as a tax-free zone creates a lot of commercial activity. Because it is a free-port, a wide range of products of every kind can be purchased here at low prices. Its beaches are attractive all year round, among them Bahía Chinchorro and Las Machas. The national park Lauca is one of the highest altitude parks in the world, lying between 3,200 and 6,342 meters above sea level, with an average altitude of 4,500 meters. The Surire Salt Plain, a National Monument, is situated 4245 m above sea level and encompasses 17,500 hectares. It is 266 km southeast of Arica.

Iquique

Part of the mining activity of Chile is concentrated here and has been for a long time. It is a duty free zone for all products purchased in the area. There are several local towns with cultural importance, amongst them the abandoned saltpeter offices. Iquique is a relatively new city it possesses important works of architecture. The area of Pozo Almonte has a wealth of fascinating history, with towns of great interest to the tourist such as La Tirana, Pica and Mamiña. Pica village, of pre-Hispanic origin, stands at 1,325 meters above sea level, 114 km south-east of Iquique. The land around is planted with a variety of fruits and other plants, such as oranges, lemons, grapefruit and mangoes. They are grown for the production of home-made jams and other similar products. The village stands on the Inca Road, and it is known that the Spanish discoverer of Chile, Diego de Almagro, passed through this way, and a Spanish settlement soon grew up here.

Río Loa Valley

This is a barren zone in the Cordillera de los Andes but towards the coast the land becomes more fertile, with a number of tourist attractions and creeks. Tocopilla is located on the narrow littoral platform of the coastal mountain chain. Calama's importance is based on the fact that it is the neighboring city to the Chuquicamata copper mine. It is the largest oasis of all the Andean foothills, as can be observed from the crops that grow round about. Commerce is particularly important, since the city functions as a dormitory town for the people who travel to work at the mine.

Valley of the moon

The Valley of the Moon is a fascinating area dotted with sand and stone formations which floods and winds have shaped for thousands of years, creating a series of soft desert colours. Many small hills and impressive sharp peaks characterize this place. This spot, of incomparable beauty, resembles a fragment of lunar landscape. This marvelous natural phenomenon was created by the meeting of the cordillera and the desert, and by landslides from the cordillera ravines which softly changed the gradient of its slopes. On moonlit nights, the valley is an indescribably impressive sight, full of majesty, silence and icy beauty. It is situated west of San Pedro on the old road to Calama, south of the new highway.

Antofagasta

Antofagasta is famous for its good weather and almost permanent sunshine. It is a city of contrast, where you can see the driest desert and the bluest sea. It has amazing geological forms, cliffs, warm waters and typical flora and fauna. It is the port of embarkation for the copper mined at the biggest mines in the world: Chuquicamata and La Escondida. If you travel north along the coast road, you will come to La Portada de Antofagasta. On the way you will see a number of beaches. Further to the north you will encounter resorts like Mejillones.



San Pedro de Atacama

This town is of particular interest to foreign visitors on account of its fame as a place for spiritual enrichment, and because it is considered to be the archeological capital of Chile. Located in one of the oases of the Andean plateau in the second region. It is the country's archaeological capital, a typical zone and a mandatory journey for visitors.



Copiapó

It is located in the Río Copiapó valley, where it forms an oasis. The region is the perfect place for those who enjoy adventure and outdoor activities. Climbing can be done up the Incahuasi, Tres Cruces mountains and the Ojos del Salado Volcano. You can find amazing landscapes in the Tres Cruces Mountain National Park, located in the Chilean Andes, with the Maricunga Salar and Santa Rosa and Negro Francisco Lagoons.

La Serena

La Serena has remarkable natural surroundings, with beaches washed by the warm sea, the nearby Elqui valley, and green areas in the city. It was founded in 1544, which makes it the second oldest city in Chile. At that time, it served as a land and sea link with Peru. Coquimbo located 12 km south of La Serena is the most important port of the region. It lies beside the coastal hills and has busy commercial districts. The city is a source of legends and mysterious treasures, due to the fact that in past centuries it was attacked by pirates and privateers. It was founded on 5 May 1867. You should visit the Plaza de Armas, Plaza Prat and Avenida Costanera, the Museum and the House of Culture and Tourism. To the south you will come to La Herradura beach, and to the north Los Hornos cove, Totoralillo Norte and El Temblador beach.

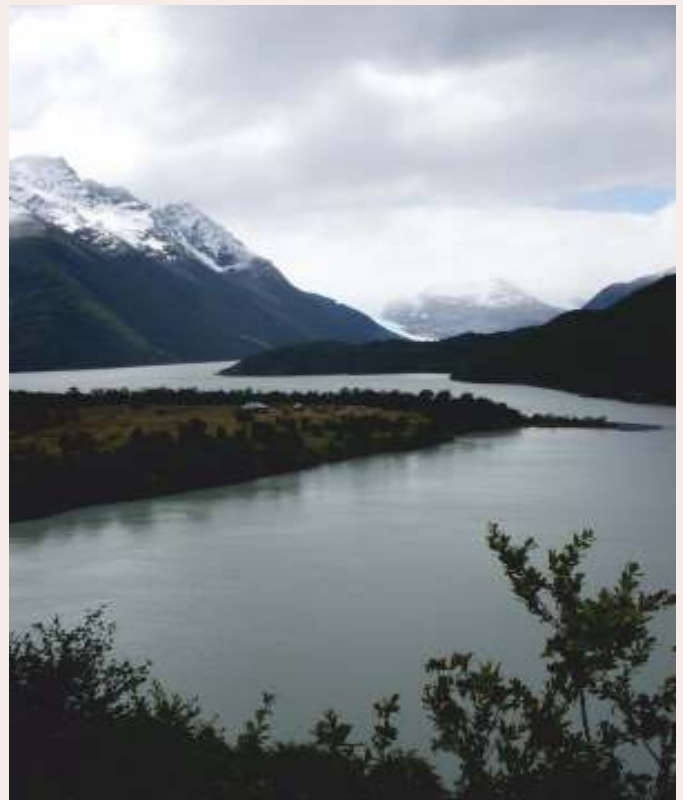
Elqui Valley

The Valley is formed by the course of the river which

bears the same name, and runs up towards the Andes Mountains. Two of the most important towns, which should not be missed are; Vicuña, with the Gabriela Mistral Museum and Monte Grande, where there is a memorial to the poet. The valley is also a great attraction for tourists as a center of spiritual development. Situated in the valley are the Cerro Mamalluca Municipal Observatory and the Cerro Tololo Interamerican Observatory. Vicuña was founded in 1821 by Joaquin Vicuña who gave it the name San Isidro de Vicuña. The town stands on the upper reaches of the Elqui or Coquimbo river at about 700 meters above sea level, which, combined with its Mediterranean climate and a good supply of water, has permitted the development of a rich and varied agriculture.

Limarí and Choapa

In the coast is located the National Park Fray Jorge and The National Monument Valle del Encanto. Inside is Ovalle, commercial and service center. This zone is characterized by scarce vegetation and its climate characterizes by regular precipitations in winter. Illapel is a very busy city, and its traditions and marked archeological setting stand out, as well as its colonial buildings. Los Vilos is a resort and port located on the highway, 246 km southeast of La Serena. Los Vilos has two attractive beaches, La Principal and Las Conchas. The city of Salamanca was founded in 1844 and is located in the heart of the Choapa Valley. The climate is warm and dry with very hot, clear summer days. The heat, the greenery of the one hundred year old monkey puzzle trees in its main square, the unique clear night skies, the hospitality of its inhabitants, the legends of witches and wizards, not to mention the fact that you are surrounded by multi-coloured hills and fertile valleys, make this the





perfect place to visit and enjoy.

Center

Aconcagua Valley

In the coast sector are located tourist attractions of international importance. La Ligua's name means the place of the fortune-teller; it is also said to be derived from mapuche vocabulary Lihuen which means sunrise. It is known for the sumptuous sweets that the locals sell in the streets, impeccably dressed in white suits with large baskets. Apart from being well known for its exquisite sweets, it is also famous for the production of textiles, and with its wonderful climate it is ideal for lovers of both nature and sport alike. Los Andes was founded in 1791 with the name Santa Rosa de los Andes. Historical, cultural and grape cultivate interest zone. It has springs and a ski center. The Corazon and Jahuel Springs are other attractions of the region, which offers medicinal baths. It's a good weather area, perfect for outdoor activities and adventure sports in San Felipe, Putaendo, Santa Maria, Catemu, Panquehue, Llay Llay, Los Andes, Rinconada, Calle Larga and San Esteban.

Valparaíso and Viña del Mar

Valparaíso is the main commercial port in the country; meanwhile Viña del Mar is the tourist capital of Chile. They feature beautiful beaches, bays, museums, national monuments and different handmade craft centers for everybody to visit. The destination has an incredible and colorful architecture that combines old and modern times. The Coast Cordillera helps to create a fantastic landscape, a mixture of the sea and the country. Valparaíso is an important maritime port and industrial center, and one of the largest cities of the country. The city has 45 hills and a

colorful architecture that turn it in a singular city in the world. Viña del Mar forms part of an ongoing Pacific Ocean coastal urban center, built around the estuary of the Marga Marga. The garden city has beautiful vegetation and eight miles of coast and beaches to enjoy the summer time. Some of its attractions are Quinta Vergara, Sausalito Lagoon, the Sporting Club and the Botanical Garden, with many tourist and urban services. With a colorful architecture, the city holds the International Song Festival of Viña del Mar, every February.

Central Coast

Important bathing areas in this sector include the Rocas de Santo Domingo, El Tabo, El Quisco and Algarrobo which during the summer fill with large quantities of tourists. Also in this sector is the San Antonio Port, which is of great national and international importance. Quintero is a seaside resort on the bay carrying the same name, and its most attractive features are its sixteen beaches, suitable for sailing, swimming and water-skiing.

Santiago and surroundings

Santiago is the capital of Chile. Most of the economic, administrative, cultural, commercial, industrial and political activities of the country are concentrated here. It was founded by Pedro de Valdivia on February 14th in 1541 in the Río Mapocho Valley at the foothills of the Santa Lucia hill. It is located in the Central Valley, between the Cordillera de la Costa and Cordillera de los Andes. The overwhelming presence of mountains in the valley is represented by San Cristobal and Santa Lucia hills. Cajón del Maipo is 150 km southeast of Santiago, and is one of the favorite places for those who want to escape from the city and enjoy the tranquility of the mountains. From here you can view an impressive panorama of the Chilean Andes,



and it offers countless major tourist attractions and quality services. The area is particularly popular with climbers and mountaineers, since it offers a wide range of activities very close to Santiago.

One of the furthest points from Santiago is the Volcán del Maipo, whose summit rises to 5,290 meters above sea level. It was last active in 1932. In this area, the visitor can enjoy adventure sports, eco-tourism, mountain tourism, bathe in hot springs. Melipilla is located 60 km south west of Santiago and 44 km from the port of San Antonio. Its name in Mapudungun (the Mapuche language) comes from Meli meaning four and Pillan meaning Spirit of the forefathers, and as a complete word it means Four Warrior Spirits. At present it is the center of activity for all the towns, settlements and farms of the sector.

Rancagua

Rancagua was founded in 1743 in territory previously inhabited by the Piuñche people, followed by the Incas. Located south of Santiago and known in the country for keeping popular traditions, Rancagua features fertile lands, handmade crafts and traditional music and customs. The mineral activity is also important to the region. You will find copper mines, protected natural areas, the Cuaquenes Springs and Cipreses River Ski Center.

Maule

The tourist center most important is Constitución. The rest of the activity is concentrated in inner cities like Curicó, Talca, Linares and Cauquenes. Towards the cordillera is situated the artificial lagoon Colbún, the National Reserve Rada Siete Tazas and the National Park Altos del Lircay. Curicó is located 188 km south of Santiago and 114 km from Linares between the rivers

Teno to the north and Claro to the south. It was founded in 1743 with the name San José de Buena Vista de Curicó. It used to be located 5 km further north, but was relocated to its present position because of the dampness of the land. Talca is an important urban center in the Chilean Central Valley; with great cultural legacy. Another attraction is the old train that used to go from Talca to Constitución. There are great grey-sand beaches, where you can enjoy walks, springs, and the contemplation of natural attractions like volcanoes and lagoons.

South and far South

Concepción



Concepción lies on the river Bío Bío, and is the commercial center for agricultural products of the fertile surrounding region. It was founded by Pedro de Valdivia in 1550. Concepción was the second most important city in Chile during the Spanish colonization. This destination is also an important industrial, scientific and cultural center in the country that combines modern and traditional times. Situated 16 km northeast of the city of Concepción in the bay of Talcahuano, it is a port in the Bay of Concepción and San Vicente. It is the main military, industrial and fishing port of this region of the country.

Temuco and surrounding areas

The name in the Mapuche language (Mapudungun) means

water of the Temu. Temu is a medicinal plant used by the natives. Temuco is the main urban center for economical, administrative and cultural activities. With 70 square kilometers of surface, Budi Lake has salty waters that allow singular flora and fauna to live and inhabit it. Angol means piece of dry land in the Mapuche language. It is the main city in the northern part of the Araucanía Region. Villarrica lies on the banks of the lake of the same name, and it's a place many tourists pass through on the way to Pucón, Lican Ray and the Villarrica volcano. Pucón means entrance to the range. In Pucón you will find wonderful monkey puzzle trees, the imposing Villarica volcano, beautiful lakes, thermal waters, rapids and waterfalls, volcanic sand beaches, which all integrate to make a unique landscape of exceptional beauty. The well-known thermal waters which can be found in the area provide wellbeing and are fun to visit. This is a small resort town located on the north shore of Calafquén Lake. Its name means flower of rock in the Mapuche language. Coñaripe name means the Way of the Warrior in the Mapuche language. From Coñaripe you can visit Pullinque Lake, small and full of small islands, and Panguipulli Lake.

Osorno

The Osorno sector includes the city by the same name and the Puyehue Lake. Both find themselves surrounded by natural beauty, with activities such as nautical sports in the lake and snow sports in the Antillanca resort during Winter. There are hot springs in the cordilleran zone and one of the principal international passes to Argentina. Here, you can find volcanoes and lakes, as well as ski centers, springs and spa; diverse tourism services where you can enjoy ecotourism. Aquatic sports are the most popular activity in the region. One of the main economic industrial activities of Osorno is the production of cheeses and dairy products.

Llanquihue

Located at the shores of the Llanquihue Lake, it is directly opposite the Osorno Volcano. The name means submerged place. Llanquihue lake is one of the biggest hydrographical resources in the country. The destination offers different tourist alternatives in the middle of amazing scenery. Vegetation and marvelous animal species surround the Llanquihue lake and the Osorno

Volcano. Its vegetation is one of its main attractions, as well as its ideal water to practice aquatic sports. Puerto Varas is one of the most important cities in Southern Chile, when it comes to tourism. It has an important commercial activity thanks to the handmade crafts and other products. Here, you can see the Phulippi Hill, Calvario Mount, the casino and another night attractions. Located in the Llanquihue Lake shore, Frutillar is a fantastic place to visit with a natural and cultural landscape. It has a great German legacy, from its architecture to the musical festivals.

Puerto Montt

Puerto Montt is the main urban center in the region, and its capital; it offers different high quality tourism services.

Puerto Montt stands out for its gastronomy, commerce and its beautiful typical architecture. Handmade crafts are also very important in the region and can be found in one of the biggest markets in the country.

Chiloé Island

It is the second biggest island in South America, with only five islands, out of 40, without inhabitants. Its environment is practically virgin soil, most of which is part of the Chiloe National

Park, which offers natural and traditional scenery. The Isla Grande de Chiloé is located 90 kilometers southwest of Puerto Montt. Amongst its many attractions are its wooden architectonic constructions, its houses on stilts. The local culture includes a spiritual mix of mythology and Catholicism, and the people are well known for their kindness. Dalcabue town is the most important craftwork producer and industrial developer in the region. It has a great huilliche legacy. It has a colorful market. Chonchi was officially founded in 1767, known then as Villa San Carlos de Chonchi, and clings to the slope of a hill, with three terraces, which is why it's nicknamed the city of three floors. The houses of Chonchi are made from cypress wood and painted in bright colors, making it a beautiful spot. Castro was founded on the 12th February 1567 by Captain Martín Ruiz de Gamboa which makes it the third oldest city in Chile, after Santiago and La Serena. Important to note is its distinguished architecture as well as the construction of stilt houses over the sea, called palafitos.

Austral North Road



With a varied and colorful topography, the area includes the Austral Route, lakes, island, rivers and channels, with exuberant vegetation and protected fauna in the Queulat and Magdalena National Parks. Snowcaps, hills and volcanoes, make tourism in the region possible thanks to the favorable paths to have walks and horseback riding. Aquatic activities are done in lakes and rivers. Sailing is practiced in islands and channels, where you can also contemplate all the natural wonders around you. At Austral road you can find the Puyuhuapi Springs (Medical properties waters, hotel, gastronomic and spa services). The Austral Route visitors not only will enjoy the marvelous nature, but also the multiple options to make the most of the sports, outdoor activities and relaxing time. Puyuhuapi is located in the Ventisquero Inlet, nearby Puyuhuapi Springs. Puyuhuapi is a new tourism center that is concentrating on being the perfect place to practice aquatic sports and other outdoor activities that tourists may enjoy. Craftsmanship is one of the main activities in Puyuhuapi that turn it into a recognized craft center.

Puerto Aisén

Puerto Aisen has a wild flora and fauna. The district capital is surrounded by high mountains and a varied commercial gamut like agriculture, cattle, and service activities. Coyhaique is the capital of the region and a touristic and natural attraction refuge. Surrounded by hills, the city combines metropolitan characteristics with evergreen forests and park fauna. In the west side of the Simpson River you can find La Piedra del Indio (The Indian Stone), a human profile made of an erosional rock.

Magallanes

This zone includes the Southern sector of Patagonia, Tierra del Fuego and the Chilean Antarctic Territory. In this zone there are a lot of fiords and gulfs. Puerto Natales lies in the vicinity of the Riesco mountain range. Currently it is the center of administrative and commercial services for the intense cattle ranching activity in the province. Punta Arenas is one of the southernmost cities in the world. It was founded in 1848 as a military fort to reinforce the Chilean claim to sovereignty over the Magellan Straits. Puerto Williams is considered to be the southernmost city in the world and it was named after Juan Williams, founder of Fort Bulnes. Tierra del Fuego (Fire Land) has different nature attractions combined

with an important cultural area. Its channels and islands hold native Indian vestiges. The onas and yaganes turned it into an important archaeological destination for visitors from all over the world. In old times it was possible to see ona's bonfires, thus its name of land of fire; today you can enjoy the fauna in an almost virgin landscape. The hiding lakes like the Lynch and Baquedano between its forests are some of its major attractions and they are ideal places to practice sport fishing, adventure tourism and other outdoor activities. Chilean Antarctic holds the Chile and Fildes Bays, and the Drake Sea, in which you can find an exotic landscape and an amazing fauna that, includes penguins. Located 990 km south of Punta Arenas, the principal populated area is Villa Las Estrellas, with about 1,200 people living in the territory all year round. The Chilean territory comprises an area of 1,250,000 km². Antarctic tourism means enjoying the scenery and marine life of this remote part of the world.

To get to the Antarctic, you must go by plane from Punta Arenas. With a unique fauna, Chile Bay is another attraction of the Chilean Antarctic territory. The bay, a beautiful panoramic place has important natural resources, managed by scientific and ecological investigation centers in Antarctica. Chile Bay is also a specially protected Antarctic area.

Islands

Robinson Crusoe Islands

Robinson Crusoe Island was formed about three million years ago when there was an extrusion of liquid magma from the bottom of the ocean. Later, other similar eruptions created Isla Santa Clara and Isla Alejandro Selkirk. These three islands make up the Juan Fernández Archipelago which is located 667 km from the continent. Its geography is characterized by a rugged and mountainous terrain and it has a Mediterranean climate.

Robinson Crusoe Island offers a beautiful view of volcanoes, mountains, streams and cliffs, and holds an amazing flora and fauna in its surface. In the Island you can find the Juan Fernandez National Park, World Reserve of the Biosphere since 1977, and the English Port.

Easter Islands

Easter Island is famous for its 887 extant monumental statues, called Moai created by the early Rapanui people. It is a World Heritage Site. Easter Island is claimed to be the most remote inhabited island in the world. The name Easter Island was given by the island's first recorded European visitor, the Dutch explorer Jacob Roggeveen,



who encountered it on Easter Sunday 1722, while searching for Davis or David's island. The Rapa Nui people had a Stone Age civilization and made extensive use of several different types of local stone. The large stone statues, or moai, for which Easter Island is world-famous, were carved around 1100–1680 CE. A total of 887 monolithic stone statues have been inventoried on the island and in museum collections so far. Almost all (95%) moai were carved out of distinctive, compressed, easily worked solidified volcanic ash or tuff found at a single site inside the extinct volcano Rano Raraku. The native islanders who carved them used only stone hand chisels, mainly basalt toki, which lie in place all over the quarry. The stone chisels were sharpened by chipping off a new edge when dulled. The volcanic stone was first wetted to soften it before sculpting began, then again periodically during the process. While many teams worked on different statues at the same time, a single moai took a team of five or six men approximately one year to complete. Each statue represented the deceased head of a lineage. The island and neighboring Motu Nui are riddled with caves, many of which show signs of past human use for planting and as fortifications, including narrowed entrances and crawl spaces with ambush points. Many caves feature in the myths and legends of the Rapa Nui. Petroglyphs are pictures carved into rock, and Easter Island has one of the richest collections in all Polynesia. Around 1,000 sites with more than 4,000 petroglyphs are catalogued. Designs and images were carved out of rock for a variety of reasons: to create totems, to mark territory or to memorialize a person or event.

Things you should know

Spanish is the official language in the country and is spoken by almost the entire population. English is widely understood in large cities, especially in more touristic attractions areas. There are many countries who are exempted from visa, please check with your country consulate information desk.

When entering Chile, at customs, travelers will need to fill out a tourist card that allows them to stay for up to 90 days. Travelers will have to present the tourist card to Customs officials when leaving the country. Be aware that hotels waive Chile's 19% room tax when the guest shows this card and pays with U.S. dollars. Chile's currency is the

Chilean peso. It's not advisable to exchange currency in the hotel or the airport as the rates are awful. Credit and debit cards are widely accepted in most of the independent commerce of major cities and in all chain stores, no matter where they are.

As most big cities within South America, Santiago suffers from a high rate of pickpocketing and muggings. It's advisable not to travel in the downtown area wearing expensive-looking jewelry or watches, even during the day. Stay alert and be especially careful in all crowded areas in Santiago. It is recommended to wear your backpack at the

front of your body in crowded areas. Separate coins and bills. Coins are frequently used; store them in a small handbag so that your bills will remain concealed. Notes of higher value should be stored in another, more secure place in your wallet so you don't accidentally pay 10000 pesos instead of 1000, for example. Do not reach for your wallet until the vendor tells you the price.

Chilean Carabineros (National Police) are very trustworthy. Call 133 from any phone if you need emergency assistance. Do

not try to bribe a carabinero, since it will get you into serious trouble! Chilean Carabineros are very proud and honest, and bribery would be a serious offense against their creed.

In case of medical emergency, call 131. Tap water is safe to drink. Just know that water is produced from the mountains, so it might be harder for foreigners. In that case, it is advisable to buy bottled water.

Although modern in many ways, Chile remains basically traditional. Chileans are very friendly people. Most of them will be willing to assist you with directions or advice in the street, bus stop, subway station, etc. Just use common sense to avoid danger. Chileans hate arrogance. Be arrogant and you will have problems; be kind and everyone will try to help you. Hitchhiking in Chile is not difficult, given enough time and patience. It is seen as a common form of travel for tourists or young, adventurous Chileans. On large highways such as the Pan-American Highway, hitching is really great and easy because there are many trucks travelling between big cities. If you are a tourist, be sure to show it with your backpack, etc. The locals love chatting with foreign travelers.



Spacious Passion

By Ngakma Nor'dzin

Aro Books Worldwide

"My hope in this book," writes Ngakma Nor'dzin of *Spacious Passion*, "is to offer a simple perspective on the nature of Dharma as religion. I hope to portray what it may mean to become involved with entering the view of the Buddhist religion, and engaging with the practice, in order to begin to taste something of its result." Nor'dzin hopes to "proffer the basic principles of Dharma view and practice and offer a personal perspective on how we can remain engaged and inspired at all stages of our lives as practitioners."

You pick up the book with some expectations considering the fact that *Relaxing into Meditation* by the same author was an enjoyable experience. *Spacious Passion* claims that the "clear, direct and incisive commentary will be enjoyed equally by those who are new to Buddhism as well as by experienced practitioners." Now I'm not so sure of that. I'm new to Buddhism and *Spacious Passion* left me unimpressed.

The book was published earlier, in 2009, is sleeker in its appearance and presentation than *Relaxing into Meditation* that was out in 2010 and which I have already written about earlier in this column. At 230-odd pages it's also heavier. But it's not the number of pages. It's the quality of narration. *Spacious Passion* somehow lacks the relaxed, friendly and yet engrossing, engaging character of Nor'dzin's later work. It drags very often and fails to hold the attention of the reader, even if they are as stoic as I am.

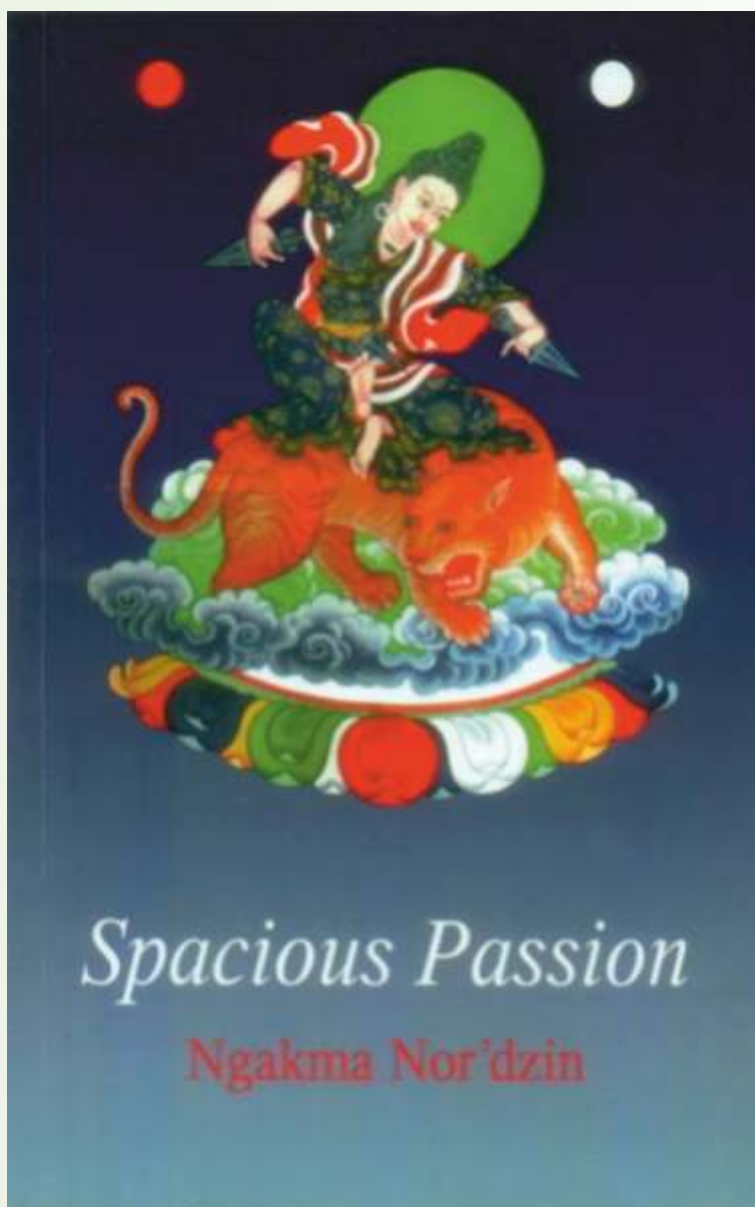
The book has nine chapters, each one followed by a

question and answer section. That, I find a bit more readable than the seemingly unending chapters and rambling examples that border on the very mundane and uninteresting and, at times, make the reader impatient to get through the content. Though some of the questions are fairly common, providing answers to them seems

essential as many more readers find themselves interested in looking up Buddhism today. Take for example questions like, "I have heard Buddhism referred to as fitting well with Western philosophical or therapeutic approaches, such as counselling. Don't you think that practices such as silent sitting can be used without the need to adopt the religion of Dharma as a whole?" Or then, "I have heard the path of Tantra described as dangerous. Why is it dangerous?" A lot of us would like to know the answers to these and some more questions.

Because the book is also supposed to be directed at the readers who are new to Buddhism, I can say that as a lay reader, I could appreciate it in bits and pieces. Would I recommend it to my friends who are testing waters in terms of picking up books on Buddhism? No.

Relaxing into Meditation showed that Nor'dzin got better with practice. I think I'll wait for the next one instead.



Legend of the Nomad

Chapter 3 Wondrous Mystery

Pattern of Habit - Deed - Curiosity - Alternative

Pattern of Habit

Nathan left a couple of days later. Sophie stayed behind in the apartment in Paris. Nathan promised to call her regularly, just as he did with his father and Simon. Nathan only put some clothes, a couple of books and his notes in his car. Then he drove away using the same road his father took when they went to southern Spain. He knew the road well, although he had never driven on it by himself. By the following day at midday Nathan had almost reached Andalusia. After a short stop in the port city of Cartagena he decided to drive along the beaches on the west side of the city. Once there he rented a room with a view of the sea and, after a while, he fell into a deep sleep. He awoke in the afternoon and spent the rest of the day by the sea.

Seeing the Mediterranean Sea again did him a lot of good. He felt all the commotion of the past months flowing away and he became convinced that he had taken the right decision by continuing his travels. In the evening he drove along the coast road looking for a place to eat. Suddenly his car became stuck in the sand. He tried to get loose, but his car's wheels only dug deeper into the sand. There was place nearby he could look for help, except for an old mobile home further down the beach. Nathan walked towards it to ask for help. When he approached the mobile home he noticed a British license plate. He saw a young man barbecuing fish in the company of another young man and two young women. Nathan recognized the delicious smell of grilled sardines. The closer he got to the mobile home, the stronger the smell became.

Nathan called out to them:

"Hello, I'm Nathan."

"Nice to meet you, I'm Charlie," the young man at the barbecue said.

Charlie immediately introduced his friends.

"My girlfriend Jessica is setting the table. The one uncorking the wine is Paul and next to him is his girlfriend Lucy."

"A pleasure to meet you all and I apologize for disturbing you, Nathan said. I am having trouble with my car. Could you help me with it?"

"Do you have to be somewhere urgently?" Charlie asked.

"No, I have time."

"Why are you in such a hurry then?"

"I'm not really."

"It felt like it. Where is your car?"

"You can see the car from here."

Nathan pointed towards the car. Charlie looked fleetingly towards it and continued speaking.

"Have you eaten?"

"No, not yet."

Paul joined them now.

"Come, join us at the table."

Nathan would have liked some grilled sardines, but he did not want to impose.

"You were not expecting an unannounced guest."

"Don't worry," Charlie said, at the same time showing him a bucket full of fresh sardines. "We have more than enough."

"We are happy to have you here," Paul insisted.

"So we can get to know each other."

"About your car, it will not disappear," Jessica added.

Lucy now joined them.

"If you haven't eaten yet, you must be ridiculously in need of our delicious sardines?"

Nathan was finally convinced of their hospitality.

"To tell the truth, my stomach is rumbling. If it really doesn't bother you, I will join you."

Nathan sat down at the table and got to know the group. He was charmed by their friendliness. After his hectic Paris he was no longer used to this relaxed company. During dinner the young English group told him how they had got there. After their studies they had left London for a round trip with their mobile home. They had already stayed long periods at different places.

The first place they had stopped for a long stay was in the south of France, in the region of Bordeaux. Afterwards they explored Portugal

extensively and camped on the coast towards the south of Lisbon, the capital. Then they arrived in Andalusia they stayed in Seville. There they met a man named Pablo, someone who would change their lives dramatically. Pablo originally came from South America, Colombia and had set up a community some years before in Tarifa, a small city in the most southern part of Spain, directly opposite Africa. For some months the foursome had remained in that community together with another thirty people from different countries.

Nathan was silent as they talked about their experiences and he listened attentively to their stories.

"We are only talking about us and know nothing about you," Charlie remarked.

"What do you want to know?" Nathan answered.

"For example, what brings you here?" Jessica asked.

"My curiosity!" Nathan said.

"What are you curious about?" Paul wanted to know.

"About what it is that is worth knowing!" Nathan answered.

"And what do you think is worth knowing?" Lucy asked curiously.

"Knowledge that gives sense to my life!" Nathan replied.

Nathan's new friends looked at each other, impressed by Nathan's unusual replies. Charlie added:

"I think you should meet Pablo."

At that moment a coast guard drove by in a white four-wheel drive. He parked it close to Nathan's car. It seemed that his problem was about to be resolved. Nathan had learned that when a solution arrived spontaneously it was good to check if something else was happening at the same time. The coast guard had arrived when Charlie had proposed introducing Nathan to Pablo.

"I would love to go with you when you return to Tarifa."

They were clearly happy with Nathan's choice. They decided to drive back to Tarifa the next day. Nathan wondered whether Tarifa would only be an interim stop or the next place of residence after Paris. Nathan stood up and walked over to the coast guard with Charlie and Paul. The man

immediately took the necessary equipment from his trunk, hitched Nathan's car to his vehicle and easily pulled him out of the sand. The coast guard seemed used to hauling cars out of the sand.

Nathan thanked him and walked back to the mobile home with Charlie and Paul.

"It's quite handy that you speak Spanish," Paul said.

"My father originally came from a village not far from here."

"Were you on your way to visit him?" Charlie asked.

"I left France with the idea of first traveling through Andalusia. I followed the road that I have taken with my father in the past, but actually I have no specific destination."

In the meantime Jessica and Lucy had placed a cake on the table for dessert. They opened another bottle of wine and kept talking until deep into the night. Nathan was intrigued by everything he heard about the community in Tarifa. He tried to understand how the four young British sociology students had arrived there.

"Why did you decide to join this community?"

"Maybe you should first know why we decided to start this journey," Charlie said.

"The decision to travel around, Jessica said, was mainly because we were fed up with the habitual lifestyles of most of the people around us."

"We wanted something different, Paul confirmed. In the community everyone can do what they want without this being seen as something negative."

"Yes, here we live in freedom," Jessica added.

"Pablo has tried to create a different type of community," Charlie remarked.

"In this context it also kind of fits in with our study," Lucy said.

"A different type of community?" Nathan wondered.

"Yes, a community based on a different philosophy of life," Paul said with some pride.

Nathan was curious.

"Nathan, do you think we are naive?" Jessica wanted to know.

On the contrary, it seems quite interesting, Nathan said. Anyway, even if it is naive, any great improvement is preceded by some naivety.

"In any case, we dream of a better world," Charlie

said.

"A dream we share with the other members of the community," Lucy said. "People who come from all over and cherish the same way of thinking."

"It is really comfortable there and every day we learn something new," Jessica said emphatically. Nathan thought for a while and then said:

"Paul, you were talking about a different philosophy of life. What exactly do you mean by that?"

"Uh, I don't know how to make a summary of this."

"It's not so easy to explain," Lucy helped. It touches all aspects of life.

"We make sure that everyone can express themselves," Jessica said.

"And we have our own rules of life," Charlie said.

"What rules of life?" Nathan asked.

"For example, the funds we live on," Charlie answered. "We buy goods in Africa and sell them in the richer north. In this way we keep our distance from the big capitalist system and we contribute our bit to fight poverty."

Now Paul knew better what to say:

"Along with this form of trading Pablo has detailed rules that help us experience serenity living away from the frenzy of the world."

"Pablo knows like no other how the world is in the grip of worry," Lucy said.

"What he wants to achieve is to teach us the essence of life," Jessica said in a calm voice.

"For example, he teaches us how we can distance ourselves from material prosperity," Paul contributed.

"What do you think of this, Nathan?" Charlie wanted to know.

"Let me think about it."

"Just say what you think," Jessica insisted.

"I want to know more."

Nathan noticed that his audience was waiting in suspense for his answer. Apparently his opinion had become important. Therefore he spoke carefully:

"The way I hear it, each of you finds something back in the community, something enriching and calming."

After a short pause he continued:

"Actually I think should stay with you a while before I can answer this question properly."

With this statement Nathan said goodnight and

returned to his hotel. The next morning they would leave together and drive towards Tarifa. Back in his room Nathan thought about what he had heard about the community he would be going to. He had many questions. What kind of person was this Pablo? How could he influence people so strongly in such a short time? What would life be like in there? Nathan hoped to get some answers to all these questions.

The next morning Nathan bought bread, cheese and olives and had breakfast with his new friends. They decided to drive through the interior and to stop in the city of Granada. The group had yet to visit this city and was curious. Nathan had been there several times with his father to visit old friends. After breakfast the group drove towards the west. Paul and Lucy suggested riding with Nathan. Charlie and Jessica followed in the mobile home.

The sun was already shining brightly at this early hour. When they approached Granada they could see many cave houses. These were cavities in the side of the mountains, painted bright white so they could be seen more clearly. Nathan remembered that his father had talked about these houses. He now told Paul and Lucy that he knew the cave houses had been occupied for a long time by the Rom. He remembered that the ancestors of the Rom were originally from India and that they had lived a long time in Eastern Europe. Later they relocated in large groups to France and Spain in search of a better life. Regretfully, they had the reputation of being cheaters and were frequently evicted. They usually lived outside the city or lived in cave houses such as the ones near Granada.

Deed

Suddenly Nathan had to brake very hard because a flock of sheep had appeared like a solid cloud in front of him. He managed to stop the car just in time. An instant later there was another screech of brakes, Charlie had also succeeded in stopping the mobile home in time. The vehicles were parked at the side of the road and everyone got out. There were no other vehicles and there was no shepherd to be seen in the immediate

surroundings. Nathan suggested they go looking for the shepherd. Charlie went with him while the others waited near the cars. After a couple of minutes Nathan and Charlie noticed an old man. He was sitting on the ground with his head down, he seemed consumed with sadness. Nathan and Charlie rushed towards him. The bright sun burned the man's face. He was wearing a worn shepherds' hat and wore dirty clothes. Nathan asked him in Spanish if it was his flock that was lost on the road. The shepherd looked up but said nothing. Nathan and Charlie saw that the man had been crying and felt sorry for him.

Nathan talked to him in Spanish:

"What happened?"

Again the man looked at Nathan, at Charlie and then remained staring into the distance.

"Answer me, what happened?"

The shepherd spoke, still staring in front of him.

"Nothing makes sense anymore!"

Nathan could easily have given the shepherd several counter arguments, but he knew that in this moment what the shepherd needed understood.

"Are those sheep yours?"

"That's not important," the shepherd replied.

"What do you mean?"

"That doesn't stop them from taking them away!"

The shepherd pointed at some cave houses to show Nathan who was responsible. Nathan translated the conversation for Charlie and then spoke again to the shepherd.

"Is this why you are sad?"

"No, that's not the reason now."

"Well, what is it then?"

"My wife is seriously ill and will probably not have long to live!"

Nathan took some time to take this in.

"Is your wife at home now?" He asked.

The shepherd nodded yes and pointed at a farmhouse down the road.

"Is it all right with you if we visit her?"

The shepherd looked up. Nathan could see in his eyes that he had succeeded in his intention. He had given the man hope again.

"Would you be able to do something?" The shepherd glowed.

Nathan ignored that question and helped the man to get up. Charlie rushed to help.

"What are we going to do?" He asked Nathan.

"First let's get the flock together again," Nathan answered. "Afterwards we will take the man home and visit his sick wife."

Even before Charlie could react to this, Nathan said:

"This man is feeling incredibly lonely and needs us."

They went back to the rest of the group helping the shepherd between them. Charlie explained what was going on. Nathan asked Charlie and Paul to start driving to the farm with the mobile home and the car. He would follow on foot with Jessica and Lucy and the shepherd. Jessica told Nathan that she was not comfortable with the situation.

"Nathan, haven't you given that man false hope?"

"Hope I know, but what does false hope mean?"

Nathan asked.

"Well, maybe that old man thinks that we will heal his wife."

"It would be worse if he did not have that hope," Nathan replied.

Nathan's answer only made Jessica more nervous.

"What happens if there's nothing we can do?"

"Jessica, in this moment this man needs our help. Thanks to us he is now walking back to his house."

Jessica thought about this for a moment.

"Aren't you being too positive about this?" She asked him.

Nathan looked at Jessica.

"You must have more confidence in what we can bring about!"

Jessica wanted to ask what he meant exactly, but just at that moment they arrived at the rustic farm. Charlie and Paul were already waiting for them. The shepherd urged Nathan to go to the upper floor up an outside staircase. Nathan asked Lucy and Jessica to go with him. Charlie and Paul waited downstairs. The shepherd opened the bedroom door where his sick wife lay. Nathan and the girls went into the small room, where the stench of sickness hung heavily in the air of the dark and soberly decorated room. The sick woman was lying there in a small bed against the wall. The shepherd kissed his wife and whispered to her that they had visitors. The woman looked at Nathan and the girls and smiled invitingly. The

shepherd left them alone and returned downstairs.

Jessica and Lucy were clearly uncomfortable.

"Lucy, Nathan said, imagine that this woman was your mother. What would you do?"

Lucy had not expected this question at all.

"I would like to hear your first thought about this," Nathan added.

"I would start by bringing more light into the room," Lucy answered.

"Go ahead, Lucy," Nathan said.

What do you mean? Lucy reacted surprised.

"Open up those heavy curtains," Nathan continued while he gave the example by moving towards the curtains and pulling them aside; or even better, get a chair and take them down so that more light can get into the room.

At first Lucy was doubtful. She felt embarrassed, but did what Nathan asked her. Jessica helped her to take down the curtains. Now the room was filled with light. Now Nathan spoke to Jessica:

"Jessica, what would you change?"

Jessica went to the window and opened it.

"I would take the bed out of that corner and put it here by the window."

"Good idea, Nathan said. I will help you."

Nathan told the woman what they wanted to do. The woman seemed content with their actions. The bed was carefully moved so that she could enjoy the beautiful view that fell away from her window. Jessica and Lucy enjoyed the sincere smile of the woman. Nathan had succeeded in his intention.

"Jessica, Lucy," Nathan said, "I will go with the shepherd and the others to see if we can find the stolen sheep. I think it's best if you stay here to take care of her."

"What can we do?" Lucy asked, worried.

"We cannot even talk to her," Jessica said.

Nathan did not answer; he just smiled and left the room. Later he returned with moist cloths and asked Jessica and Lucy to freshen up the woman. They looked around in despair, but did what Nathan asked.

"You will be wonderful mothers and doctors," Nathan said.

Jessica and Lucy felt a certain pride and smiled. Nathan returned to Paul and Charlie and told them that Jessica and Lucy would stay, while they

would go to look for the sheep. He told the shepherd. The shepherd was not happy to be going in search of the thieves, but finally he agreed with Nathan's proposal. The men got into the car and the shepherd gave Nathan directions. They drove up a mountain and on their way they met women and children who looked at them with anger in their eyes.

Charlie and Paul began to feel uncomfortable.

"Are you sure we should be getting involved?" Charlie asked.

"If you were in the shepherd's place, Nathan said, wouldn't you like to be helped?"

"I probably would, but aren't you afraid?" asked Paul.

"In a tight situation you must always bring along three weapons," Nathan said calmly.

"Weapons?" Paul wondered.

"Don't worry, these are three statements," Nathan laughed.

Charlie and Paul listened full of curiosity.

"Courage conquers fear. Patience conquers anger. Peace conquers hate. Keep these statements in mind."

While Paul and Charlie were thinking about this, they arrived at a square where four men were sitting at a table.

"What was my first weapon again?" Nathan asked Paul and Charlie.

"Courage conquers fear!" Paul said.

Nathan got out of the car and asked the others to wait for him. He greeted the men at the table and immediately sought out the leader of the group. He spoke to the man sitting at the end of the table, who was a strongly built with a dark beard and a colorful shirt. The man's name was Paco.

"Good afternoon!"

"What are you doing here?"

"There is a misunderstanding I would like to solve," Nathan said.

"What kind of misunderstanding?" Paco asked in a gruff voice.

Nathan took a chair, sat down and pointed at the shepherd still sitting in the car.

"The man in the front of the car is a shepherd from this area. His joy in life is made up of two things that are essential to him; his wife and his duties as a shepherd."

Luis, a slightly built man with a sleeveless waistcoat reacted nervously:

"Why are you telling us this?"

Nathan did not answer immediately, but looked all the men one by one in the eye. Finally he spoke firmly to the slightly built man:

"You don't have to listen to me. If it doesn't interest you, you can leave now."

Nathan felt that his words had the desired effect. He got confirmation of this when Paco spoke to the slightly built man.

"Luis, let the boy tell his story."

Nathan thanked Paco and continued:

"Today that shepherd is very unhappy. His wife is seriously ill and again his sheep have been stolen from him. He is at the point of losing everything that gives him happiness."

"What do you want from us?" Paco demanded.

"As you know, with each theft rumors start for which you may or may not be responsible. I know that these rumors are usually untrue, but sometimes they are. When they are not true, this must be made known, but if they are it is in everyone's interest that we find the culprits."

Paco said nothing for a while.

"Suppose, he said, that the rumors are correct. Why would we want to betray our own people?"

"If they hear in the city that you have brought a thief to justice who is one of your own, this would be a strong sign."

"What sign?"

"A sign that you should never judge a whole population."

Miguel, one of the men at the table, spoke up:

"We want to live in peace."

"Both the shepherd and the other people in the city want this too," Nathan said, "but they don't know you. They are afraid and therefore they avoid you."

Nathan now kept silent on purpose to let the silence work in his favor. Meanwhile he had sensed that some of the people present knew more about the theft.

"I want to ask you to discuss this, I'll be right back."

Nathan went back to the car and told the others about what had happened.

"What do we do now?" Charlie asked.

"Now I will use my second weapon," Nathan replied.

"Patience conquers anger," Paul said.

Nathan winked at Paul.

Meanwhile the men were arguing intensely among themselves. Nathan knew he had touched on a sensitive issue; most Rom want to build a better relationship with the local people. The children were having many troubles because they are shunned. The adults are becoming increasingly fed up with living with prejudice around them. After some time Paco called Nathan. Luis told Nathan that he knew where the sheep were. Nathan was happy to hear this and shook each man's hand.

When he wanted to give Paco his hand, the strongly built man stood up.

"I will take care of this from now on. Tell the shepherd that tomorrow, before the sun rises, his sheep will be back. He has my word!"

"The shepherd will be happy to hear this," Nathan said satisfied.

Nathan hugged Paco. When Nathan turned to leave, Paco spoke again.

"A while ago you said that the shepherd's wife was seriously ill."

Nathan nodded.

"I will ask 'She who knows' to accompany you," Paco said.

"She who knows"? Nathan asked.

"She lives in the cave of the Moorish spirit and has already brought about many miracles."

"Moorish spirit... miracles?"

Paco saw Nathan was suspicious.

"Tell me, when you came to us, did you know whether the situation would end satisfactorily?"

"I could not know that, but I always have confidence in the future."

"That's definitely a very good attitude, keep it!" Paco said emphatically.

Nathan understood. Paco sent a young girl to see if the woman could spare some time.

Meanwhile Nathan went back to the car and told them that the sheep would be returned. The shepherd, Charlie and Paul were deeply impressed with what Nathan had achieved. Then Nathan told the shepherd about Paco's offer to help his wife and asked him if he was willing to try it.

The shepherd gave him a strange answer.

"As it comes through you, I will certainly try."

"How so? Nathan asked. Do you trust me that much?"

"I mainly trust the one who sends you," the shepherd told him.

"The one who sends me?" Nathan wondered.

Just as Nathan went to ask the shepherd to explain, a woman approached them. She was dressed completely in black and carried a small box with her. She was the woman Paco had talked about. When she saw Nathan, she looked at him for a long time and then smiled tenderly at him. Her white teeth contrasted beautifully with her dark skin. Nathan introduced himself.

"My name is Nathan. Do you think you can do something for this sick woman?"

The Rom healer kept looking at him and did not answer his question.

"You speak Spanish fluently, but you are not from here."

"That's right," Nathan said, "I am just passing through. Will you help the sick woman?"

The Rom looked at the shepherd.

"We will follow you," she said.

"Thank you very much," Nathan said.

"You don't have to thank me yet," the Rom reacted.

"I am thanking you now for your good intentions. What follows from now on will depend less on you."

The Rom smiled and got into the back of Paco's car. They drove back to the farm in two cars. Once they arrived there everyone but Paco got out. He stayed in the car and prepared to take a nap. The Rom healer had got out of the car with her small box in her hands. Nathan showed her the way to the sick woman's room. Jessica and Lucy were sitting on chairs beside the bed. The Rom asked Nathan to bring her hot water. Then she opened her box and took out different spices. Nathan returned with a kettle of warm water. He put the kettle next to the bed and went back downstairs. Charlie and Paul had taken a seat on the benches in the inner square. Nathan sat down with them.

Paul had a question for him:

"Nathan, do you believe in mysterious forces?"

"Usually it's more than forces we don't understand yet!"

"I don't trust people like that," Charlie said, "and I

think this does not make much sense."

"The future will show us," Nathan said, "but remember that nothing is meaningless if it gets a place in our memory!"

Nathan had spoken his last words very firmly and with that indicated that for the time being he did not want to talk anymore. It would become clear whether the Rom could really do something or not. Meanwhile the shepherd brought coffee and cookies and put them on a small table. Nathan used the opportunity to ask the shepherd what he had meant exactly when he said that he trusted the one who sent him.

"Who do you think sent me?"

The shepherd looked at him, drew up a chair, sat down and took a deep breath.

"This morning I didn't know what I was going to do anymore and I prayed for help."

"Yes, and then?" Nathan asked.

"And then you arrived!" The shepherd said.

Nathan had learned to recognize those moments when silence was the best answer. Now was such a time! He lay down and closed his eyes. Paul and Charlie quickly followed his example. While Nathan fell asleep, he sensed that from then on he would always find himself in places where he would find that he was to play an important role.

Curiosity

About an hour later Lucy came down the stairs; she woke up the guys. When Nathan saw the Rom coming down the stairs, he went to her.

"Were you able to do something for her?"

"Evil has left her," the Rom said, "now time will have to do its work."

Meanwhile Lucy was telling Paul and Charlie what had happened in the room. Nathan spoke with the Rom.

"Do you know what made her ill?"

"That's not important," the Rom replied.

Nathan's suspicion grew.

"How do you know evil has left her?"

"What leads me to healing is not in my head, but in my heart!"

One way or another, the Rom, with her last words, had succeeded in laying Nathan's suspicion completely to rest.

"I want to thank you today for the second time, this time for her healing."

"That's as much as you are doing too," the Rom said.

"Due to my effort?" Nathan asked.

"And because you brought the water," she added. This made Nathan understand that she also saw a connection between him and water. He tried to find out if she could and would tell him something about this.

"Why do you say that, what do you mean?"

The Rom looked surprised.

"So you don't know yet?"

"What don't I know yet?" Nathan asked.

"If you don't know yet," the Rom answered, "this means that it is not yet time for you to know."

Nathan did not think this a satisfactory answer, but sensed that the Rom would not tell him anything else, so he did not insist. However, he kept thinking about the story about the Moorish spirit.

"I heard that you are living in the cave of the Moorish spirit."

The woman took him by the arm and walked along with him.

"Nathan, this story is not important to you."

"Why do you think so?" Nathan asked.

"Just trust me!" The Rom said.

Nathan wanted to know what the Rom meant. Did this story really have no meaning for him? Did she only want to increase his curiosity? Was she afraid that he would discover a lie?

"Are you trying to make everything mysterious?" Nathan asked her.

"Reality is a mystery in itself."

"Tell me what you know to be certain."

"That would only diminish the power of the mystery."

Nathan thought about this. The Rom looked at him in silence. Nathan noticed that she radiated so much calm energy that she had to be very confident of herself.

"I understand," Nathan said, "as long as people believe in the mystery, they attribute certain powers to you."

"As I have already said," the Rom repeated, "for you this story is not important."

Nathan concluded that the Rom owed her power and confidence to the fact that she was seen as more than she really was. He confided his thoughts to the Rom.

"It is just like the shepherd who trusts me blindly,

because he sees more in me than I really am!"

"Are you so sure that the shepherd is wrong?" The Rom remarked.

Nathan stayed quiet and thought about this, while the Rom added with a smile.

"Time will tell!"

Suddenly the upper door was opened. Everyone looked toward the stairs. Jessica appeared with the shepherd's wife at her side. The shepherd was beside himself with joy and rushed to hug his wife. Once downstairs he hugged Jessica, Lucy and the Rom. He was filled with joy.

"You can be sure that all Granada will hear about the miracle that took place here today."

"If you need me," the Rom said, "don't hesitate to come to look for me."

Then she turned towards Nathan.

"I have to go now, Nathan. I am happy to have met you."

The healing of the shepherd's wife had confused Nathan and had brought up new questions.

"But what did cause the healing?" He asked the Rom.

"The hope of all the people today who were worried about her fate," she answered.

"Nothing more than that?" Nathan asked.

"Strengthened by the power of the mystery!" The Rom answered.

After these words she smiled and hugged Nathan.

"Keep experiencing everything with the same curiosity and you will better understand that you possess what the world needs!"

Before Nathan could fully understand what he had just heard, the Rom had stepped into the car. Paco saw that Nathan was confused.

"I don't know what she has been telling you, but I do know that she did not get her name for nothing!"

"Thank you for everything, Paco!"

"Thank you, Nathan."

As the car disappeared from sight, Nathan understood that his task here was completed and told the shepherd that they had to continue their journey. The shepherd offered them a place to stay for another day. Nathan replied that they still had other people to meet. The shepherd told him that he understood and it would be selfish of him to keep them any longer. The group said goodbye

to the couple. The shepherd's wife gave them a basket filled with wine, olives, almonds and sweet cakes as a present. Meanwhile Charlie and Jessica had got into Nathan's car. On the road they talked about what had happened.

After a while they fell into a silence and Nathan was deep in his thoughts. He was thinking about what the Rom had told him last:

"Keep experiencing everything with the same curiosity and you will better understand that you have what the world needs!"

It was already late when they arrived in Granada. After parking the car they decided to walk around the inner city. During their stroll they went through the Moorish village Albaicín that still emanated the aura of centuries past. Nathan loved that special atmosphere. Paul proposed getting something to eat. Nearby they saw a pretty square where they sat down on a small terrace. At one of the tables close by a man was looking at photos. Nathan recognized the typical houses of the Albaicín and asked the man whether he could look at the photos as well. He introduced the rest of the group. The man's name was Antonio and he was responsible for renovating the houses of the Albaicín into their original state. He had already transformed several old houses into charming little hotels. When Antonio heard that they would be spending the night in a mobile home, he spontaneously invited them to spend the night in a house of the Albaicín. After having eaten something, they went with Antonio and slept that night in beautifully restored and decorated surroundings.

The next day around noon they drove into Tarifa through the narrow streets. The white-washed houses and the relaxed atmosphere reminded Nathan of the village Mojacar. Charlie and Jessica enthusiastically showed Nathan the road to their residence. The members of the community lived in different houses around a courtyard. Many members came to greet them and Nathan was heartily welcomed. Thanks to his knowledge of languages he could greet many of them in their mother tongue. After the short introduction Maite, a charming young woman, took Nathan to one of the guest rooms.

They spoke to each other in Spanish:

"Are you here for a while?" Maite asked.

"I have the feeling that I will be here for some time."

"Whatever the reason may be for your stay, we will try to make you comfortable."

Again Nathan felt that sincere friendliness he had felt when he met his new English friends in Cartagena.

"Where do you come from and how long have you been here?" He asked Maite.

"I am from Barcelona and I have been here a couple of months."

"Do you go back frequently?"

"I have found my home here."

Nathan understood that this was a sensitive subject for Maite.

"We feel at home where we are understood!"

Maite smiled.

"I heard that you have been traveling a long time, that's my dream too!"

"Well, then you are already traveling," Nathan remarked.

They both laughed.

"Do you know when Pablo will be here?" Nathan asked.

"Do you know Pablo?"

"I've never met him."

"He will be back from The Netherlands in a couple of days."

In the following days Nathan spoke with many people in the community and discovered what it was that brought them together. Most of them had been disappointed in their lives and now cherished the same dream of a better world. Some of them were very vague about what it was that world should be; others had very concrete ideas. Specifically, Nathan had noticed that every person he had talked to had a great trust in Pablo. The more Nathan heard about Pablo, the more he was intrigued by him. He really looked forward to meeting him.

Alternative

A couple of days later it was time. Pablo arrived in a four-wheel drive together with two friends. Pablo was a charismatic young man with long black hair. Nathan was in the courtyard with Charlie and some others having a drink when he arrived. Nathan and his group stood up to greet the three men. Charlie introduced Nathan to

Pablo and told them about their meeting.
 "Do you like it here, Nathan?" Pablo asked.
 "I have been welcomed fantastically," Nathan answered. "I really like it here."
 "Then that's also as much because of you," Pablo replied.
 Pablo looked attentively at Nathan.
 "Friends of my friends are my friends," he then said, "let's have something to eat later and get to know each other."
 "I'll look forward to that," Nathan said.

When night fell, Pablo came to look for Nathan and told him Maite had prepared some delicious paella. Nathan followed Pablo to his top floor apartment, which was brightly furnished. In the middle of the living room there was a low round table, surrounded by large cushions to sit on. While Pablo was opening a bottle of wine, Maite came out of the kitchen and welcomed Nathan. When the wine had been poured into the glasses, Pablo proposed a toast.
 "To Granada's miracle!"
 "Granada's miracle?" Nathan reacted surprised.
 "News travels fast here," Pablo laughed. "You have clearly made an impression on our community and everybody likes you."
 "Hopefully for the right reasons."
 Pablo was obviously enjoying his wine.
 "Nathan, I recognize the qualities of a leader in you, you are intelligent, able to make yourself loved and can convey things clearly. What is your dream?"
 "Trying to discover the future hiding within me."
 "So you are still searching?"
 "Aren't we all?"
 "My dream was to set up this community."
 "Why did you do this?"
 "I knew it would make me happy."
 "Do you need others to be happy?"
 "Real happiness is the happiness one can offer."
 "Do people not have to cherish their own dream?"
 "Here they learn the difference between their dream and reality."
 Nathan was impressed by Pablo's answers.
 "How do you see the final purpose?" Nathan wanted to know.
 "Like so many, I want a better world," Pablo said.
 "Here in Tarifa I want to show that it can be done differently."

Nathan wanted to know more, much more, but he decided to keep his other questions for later and not to start out with Pablo on the wrong foot. The rest of the evening the atmosphere was very relaxed. In the following weeks Nathan and Pablo spent a lot of time together. After a while the community was engaged in organizing a party. Pablo organized a big party twice a year. This was to give all the members the chance to meet up with old friends and acquaintances from their home country. This was not the only reason; it was also a way to present the community and its life philosophy to the visitors.

Nathan was completely involved in these activities and shared his pleasure with Pablo.
 "It is great to see how many people can gather around an idea."
 "Their happiness gladdens me and strengthens me in my conviction that we are doing good work"
 "Pablo, aren't you afraid that some of them will become too dependent on you?"
 Pablo thought about this. He loved these conversations with Nathan. He had told him earlier he possessed the art of asking the right questions. These questions force people to think and to hold a dialogue with themselves.
 "Many people wander about," Pablo said, "and need a role model and a strong personality."
 "Maybe they needed you to start believing again in their dreams," Nathan said.
 "Each one of us looks for and chooses what best fulfills our needs!"
 "The question is: To what extent are we free to determine our own life cycle!"
 Pablo understood why Nathan was worried.
 "Look, Nathan, my intention is to free them so that they can handle their free will in the best way possible."
 Now Nathan understood the deeper reason behind Pablo setting up this community. From that moment on all his doubts about Pablo disappeared completely. Other questions now came up.
 "According to you what is free will?"
 Pablo now spoke calmly. Nathan recognized that tone of voice, which came from certain life wisdom.
 "Usually we seem to make free choices, but in

truth we just want to respond to the needs of our environment!"

"Do you think it is just an illusion to believe we have free choice?"

"True, free choice always comes from our deepest inner self!"

"How do we recognize our deepest inner self?"

"By learning to experience again and being completely open to our deepest will!"

Nathan let Pablo's word take hold in him.

"Are we then able to determine our own thoughts?" He asked.

"A thought comes to us spontaneously," Pablo said. "We don't have a say in that. But we can determine what we do with that thought and how we allow our feelings to be influenced."

Nathan saw many similarities with what he had learned previously. He found it impressive that Pablo, Mauro and Simon, notwithstanding their different upbringing and life styles had come to the same conclusions. Pablo continued:

"If we can recognize the thoughts arising from our deepest inner self, we are also able to understand all the aspects of our conditioning and free ourselves. From that moment on we make a leap into a different dimension."

"A different dimension?" Nathan asked.

"A dimension in which it will become increasingly clear how we can find our happiness," Pablo clarified.

"Do all the members of the community understand where you want to take them?" Nathan wanted to know.

"For some my words only seem to be beautiful ideas, but there will come a day when these ideas will be transformed into understanding," Pablo reassured him.

"You are clearly very confident about this."

"There are short, long, narrow and broad rivers, but in the end they all flow to the same ocean."

Nathan recognized a statement he had heard earlier from Simon.

"When do you know that someone has understood your ideas?" Nathan asked.

"When the question of how they can become happy no longer is a question, because they are experiencing the dimension of the quiet openness."

"The quiet openness?"

"In that dimension," Pablo said, "the road to our

happiness becomes clear and each experience brings us more clarity."

Pablo waited while he stared at the glowing red logs in the fireplace.

"In the end, he continued, there is nothing more important than the experiences that bring us insights, taking us to a higher level and enabling us to experience more profoundly."

"What do we experience exactly?" Nathan wanted to know.

Pablo glanced at Nathan and then stared again at the flames.

"The 'wondrous mystery'!"

Nathan said nothing for a moment. He knew Pablo was a spiritual person, but that he seldom spoke about it. Nathan had learned to stay silent and listen carefully during those rare moments when a person opens up. Pablo continued.

"You can recognize the 'wondrous mystery' in everything that exists, but it is in our sensitivity that helps us to experience it fully."

"Is that not a question of faith?" Nathan asked.

"Everyone has the choice to determine what they understand by the 'wondrous mystery'. I only try to sow a couple of valuable seeds."

"Sow valuable seeds?"

"Sharing my experiences and my insights."

"Why do you call it a seed?"

"When someone is really looking for their life destination, their sensitivity is like a fertile soil and seeds can grow there."

This conversation with Pablo led to new questions for Nathan, but he kept these for later. In the following days Nathan met the many friends and acquaintances of the members of the community. As usual, he left no one untouched. Nathan and Pablo spent much time together and became close. One day, near the end of winter, they were sitting on a boat at the "Costa de la Luz", the coastal region between the southernmost point of Spain and the Portuguese border. When evening fell they moored in the bay of Cadiz, where they found a restaurant on the beach with a beautiful view. They sat down on the terrace and noticed that there was a special atmosphere, a certain feeling of a moment isolated in time, as if something was about to happen. Pablo commented on this:

"Usually Cadiz is livelier," he said.

It was even stranger that this atmosphere made Nathan think of Sophie. His thoughts turned to that day they had said goodbye on the beach at Sables d'Olonne. The last time he had called her, she had said she was fine, but that there was not a day she did not think about him. Was he feeling guilty now or was it something different? Pablo noticed Nathan's silence.

"You seem to be lost in thought?"

Nathan did not want to bother Pablo with this detail of his life. He did not know himself what to think about it. He thought maybe it would be an ideal moment to ask Pablo a couple of additional questions about his spiritual insight.

"Do you believe we will ever have to make an account of our deeds?"

"You know, Nathan, I originally come from Colombia, a country with many houses of worship, but also with much violence. It is also a place where I have lost many loved ones, but I learned something very important there."

Pablo chose his words carefully:

"I think that if we ever appear before a creator, we will not be asked why we were not stronger than our addictions, or why we did not praise a holy book. We will not even be asked why we think we have the right to kill others."

"What will the question be then?"

"The only question asked will be: Why did you not become who you are!"

At first Nathan said nothing and took the time to understand Pablo's vision.

"What do you think of the moral restraints many people impose on themselves?"

"The only moral assignment we should have is that our search for happiness should not be at the expense of the happiness of others."

"It's a pity not everyone sees it like that."

Nathan had known for some time that his learning process at the community was ending and that he would be leaving soon. He had learned much from Pablo's knowledge. He did not know what his next travel destination would be yet, but he was convinced that it would not be long before he would recognize new signs. He decided to talk to Pablo about this:

"Pablo, there's something I have to tell you."

"I know, Nathan."

"What do you know then?"

"I know you have to move on."

Nathan was surprised.

"For you this was only a step in between," Pablo said. "I feel honored for all the days we have spent together and for everything we have learned from each other."

"I have never told anyone, how could you know this?"

Pablo put his hand on Nathan's shoulder and looked him in the eyes.

"Would you believe me if I told you that it seems to me that we have already had this conversation, exactly at this location."

"So you knew that the moment had arrived for me to continue my journey?"

"At least it is not a surprise to me, Nathan. You are someone who learns something everywhere you go and then you continue your journey."

"Do you also know more about my next destination?"

"I remember that I saw you leave on a boat."

At that moment an extremely strong wind came up, which turned the sand into large roiling clouds. The sand storm was so powerful that all the customers rushed inside. While some tables and chairs were thrown about in the wind, Nathan and Pablo ran inside. In the restaurant everyone looked at nature's grand performance. This mystical scene impressed Nathan and Pablo. A customer even called out that the strong wind had brought sand from the Sahara. The wind kept blowing with an immensely strong force and then suddenly dropped. Nathan opened the door and went outside, followed by Pablo. Some customers were not completely sure that it was safe. Pablo closed the door behind him and stood by Nathan's side. Together they stared at the African continent on the other side.

"Nature's mystery is the greatest of all mysteries!" Nathan surmised.

"You are able to solve much of this mystery for all of us," Pablo said. Surprised Nathan turned towards Pablo.

"I have experienced this every day since we first met," Pablo continued.

Nathan looked at the water.

"I have been told so before. The only thing is that I

don't know how I must do this."

"Maybe Tagore's advice can help you. The Indian poet once said that the ocean cannot be crossed by staring at the water!"

Just at that moment the wind brought the inviting smells of the continent on the other side, still unknown to Nathan.

"The wise man," Pablo continued, "also said that the wind's task is to distribute messages. The stronger it blows, the more important the message."

There had been sufficient messages. Both young men were tired and decided to stay the night at an inn in the center of Cadiz. The next day the sun was shining and there was no wind to be felt. Cadiz looked just as calm as usual, as if the storm of the previous day had never taken place. Pablo and Nathan went back to Tarifa where Nathan prepared for his departure. Pablo contacted Adnan, one of his friends in Morocco. Adnan immediately offered Nathan a place to stay with him. Pablo told Nathan the good news.

"A friend of mine will pick you up when you arrive in Tangier."

"Thanks for everything you're doing for me," Nathan said.

"Adnan is a very good friend; you will be good for each other."

Before his departure Nathan organized a farewell party and donated his car to the community in thanks for his stay. The next morning he crossed the sea on the boat and later it was moored near the African continent.

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Intuitive Intelligence

Like other intelligences, it is a variety of skills which range from the ability to feel a friend's low mood or energy to the heightened intuitive who displays psychic skills like clairvoyance.

A child who takes art lessons and has a good eye for painting is far different from a Picasso; yet, both exhibit artistic intelligence. A smart teenager, who glances at a biology study guide and retains the information almost immediately, can be said to have scientific intelligence, same as a fifteen-year-old who ponders quantum physics. They exist on the same intelligence continuum, but show different aptitudes.

Intuition is also a valid intelligence, but there has been confusion in the way it's

been interpreted by different groups who use words like intuition, psychic and spiritual gifts synonymously. Not all intuitive people are psychic and not all psychic people use their intuitive gifts. How we develop our intuition depends on how we are nurtured and guided to trust our inner knowing.

Intuition is not a process that operates independently of analysis. The two processes are essential complementary components of effective decision-making systems. Even if some forms of intuitive knowledge may be unverifiable by external reference, intuition may not be associated with magic or the paranormal. Intuition is an indefinable catalyst that turns creativity into discovery through imaginative expression.

Analytic thinking is an active process, characterized by an intense concentration of energy. The conscious effort involved in the act of thinking can create fatigue and ultimately stress.

In contrast, when we utilize Intuition, the active process of trying to figure out an answer is put aside. In a deeply relaxed state, we remain open to something that arises effortlessly. This new awareness may contain insight into challenging issues or offer solutions to problems that had previously stumped you.

Rather than creating exhaustion or stress, this process of passively receiving insight induces a sense of calm, transformation, even relief as the resolution of knotty problems suddenly becomes clear. Obviously, there is nothing wrong with analytic thinking. The goal of intuitive thinking is to create a balance between thinking capacities and the innate capabilities for

Intuition which may have remained under-developed. Once free to draw upon the brilliance of your entire potential, you become fully empowered.

The truth is that Intuition operates in all of our lives, often outside of conscious awareness. We may have had the experience of sudden insight, when confusion or uncertainty dropped away and solutions to challenges in our life became immediately apparent.

While these experiences occur naturally and spontaneously, we can be trained to be more skillful at seeking inner wisdom and increase the effectiveness of our intuitive powers. This is what Intuition is all about.

We have all had the experience of being stuck, of feeling incapable of solving a problem that seems just beyond our grasp. The more we worry or try to figure out what to do, the deeper we seem to sink into the quagmire and frustration grows.

At these moments, if we set aside all analytic effort, close our eyes and take a deep breath, we are setting the stage for a change in focus. Once we have developed familiarity with intuitive processes, we can move beyond any impasse to successful resolution of the problem.



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